



ENGLISH – LEKONGHO DICTIONARY

Sentemong Mehpah (aka Epah Fonkeng) and
Esendugue Greg Fonsah

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**Sentemong Mehpa
(aka Epah Fonkeng) &
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Langa Research & Publishing CIG
Mankon, Bamenda

Publisher

Langaa RPCIG

Langaa Research & Publishing Common Initiative Group

P.O. Box 902 Mankon

Bamenda

North West Region

Cameroon

Langaagrp@gmail.com

www.langaa-rpcig.net

Distributed in and outside N. America by African Books Collective

orders@africanbookscollective.com

www.africanbookscollective.com

ISBN-10: 9956-551-84-8

ISBN-13: 978-9956-551-84-2

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He has taught and given presentations in economics, business, agribusiness, agricultural production, economic geography, research methodology, marketing, international business, trade and policy courses at various universities around the world, including Wuhan Institute of Technology, Wuhan, China, Central China Agricultural University, Wuhan, China, The University of Buea, Cameroon, FOMIC Polytechnic University, Buea, Cameroon, University of Dschang, Cameroon, Central Africa, Insitute Polytechnique University, LaSalle Beauvais, France, Ecole Nationale Superieure d'Agriculture de Toulouse (ENSAT), Toulouse, France, Bangladesh Agricultural University, Mymensingh, Bangladesh, Mwenge Catholic University (MWECAU), Moshi, Tanzania, East Africa, Delta State University, Abraka, Nigeria and Instituto Superior Politecnico De Manica (ISPM) Chimoio, Mozambique, South Africa.

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Dedication

To the cherished and evergreen memory of: Ozeh Nyameuh Tong-ohzok (aka Mami Joso), born 1920 (circa), a daughter of Forsack'mbin of Eseg, a suburb of Njungu Village.

One of five children of the same mother - the same number she would later on have.

She moved to 'the coast' when she got married to Nke Fonkeng'esack Augustine in the mid-1940s.

A business woman extraordinaire, she was many things at once and at different times during her short lifespan: baked bread; brewed and sold corn-beer and *kwacha*; prepared and sold *koki*, *ekokoh*, *bobolo* and *kwacoco*.

As a farmer, she cultivated and sold plantain, cocoyam, potato, cassava, sweet yam, corn and vegetables.

In 1965, when times became tough for the family financially - and frustrated by the fact that her eldest son could not go to college the year before as a result - she joined the Cameroon Development Corporation, Tole as a tea plucker.

She worked non-stop to provide for family.

Soft-spoken and generous - to a fault - she joined her ancestors on December 25, 1979 shortly after seeing the birth of her second grandchild.

Resting place: father's family compound, Eseg, Njungu.

Sentemong Mehphab

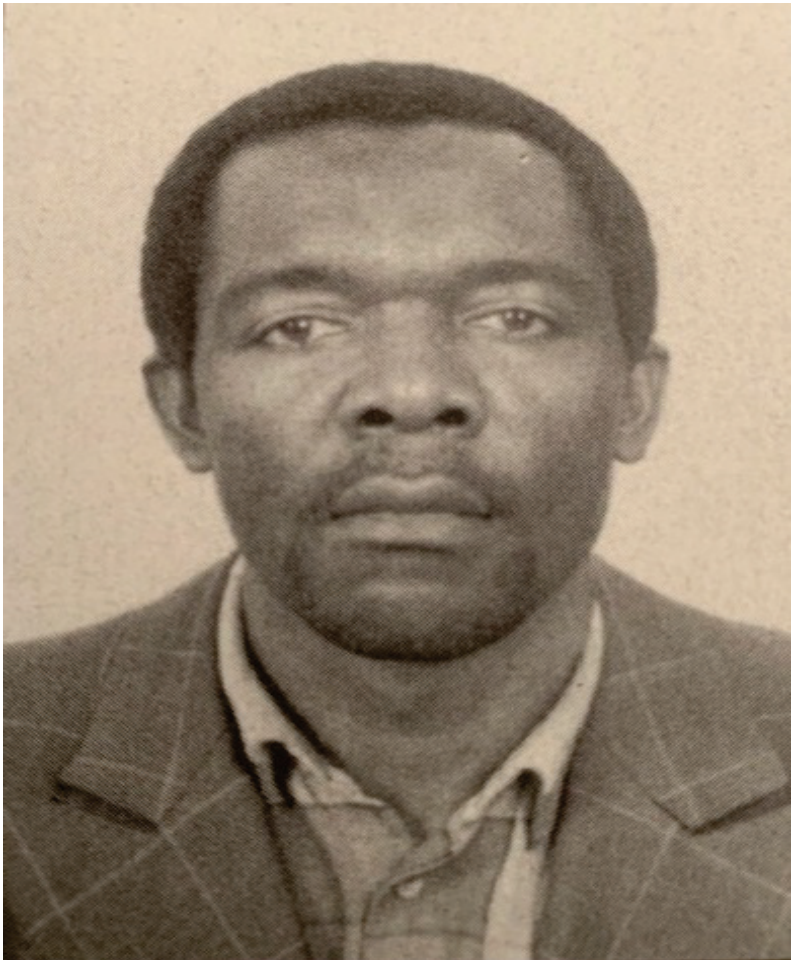
And

To our children, Derrick Be bongho and Leilani Ebongkie-Jean Fonsah for whom I failed as a parent to teach them Lekongho despite their willingness to learn their father's language. This dedication equally goes to all those parents of Nkongho heritage who consciously or unconsciously, directly or

indirectly immolated my bad example of not teaching their kids Lekongho language. I hope and pray that this book will give my, and all those Nkongho kids, the opportunity to learn Lekongho and forgive their parents for their shortcomings.

Finally and unexpectedly, this book is being dedicated to my co-author and originator of this work, Mr. Sentemong Mehphah who suddenly transitioned to our ancestors while the book was in progress. Because he loved poetry, here is one for him.

To: Sentemong Mehphah (aka Epah Fonkeng)

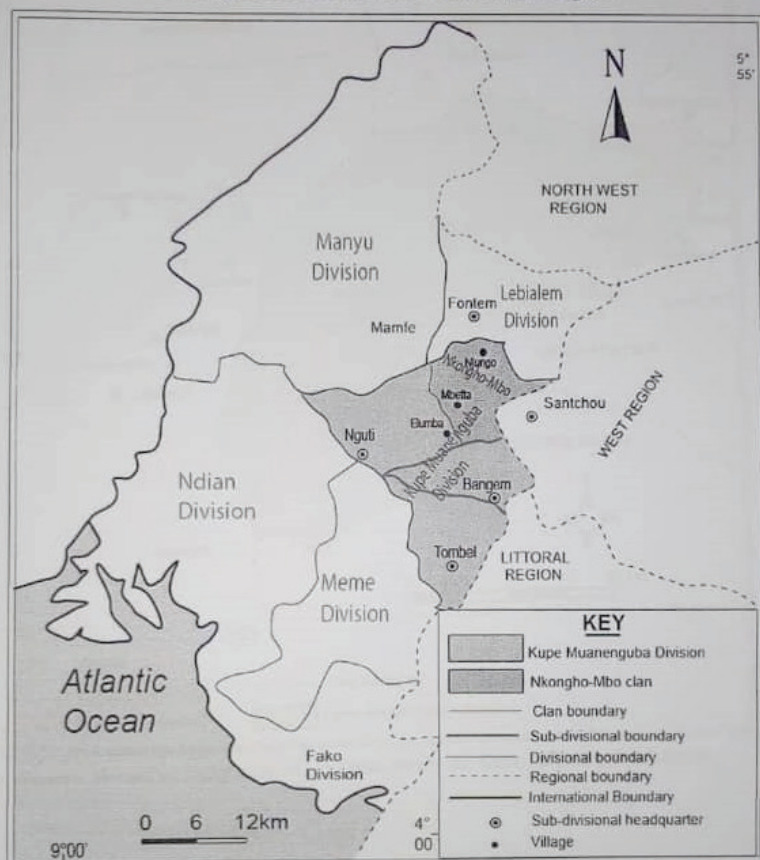


Childhood friends
A brother to me
Life's journey we spent
Timeless dreams
We shared so much
Academics ... Profession ... Friendship
Speakable and unspeakable moments
Such a dynamic personality
Well known, respected, globally liked
Your influence was far reaching
Encouraging ... diagnostic
But alas, time waits on no one
You were taken way too early
Unexpectedly
I will remember you my friend
With laughter and cheer
Exalt in the memories
And the timeless secrets
Never to be silenced
As you will always be with me.

(Anonymous)

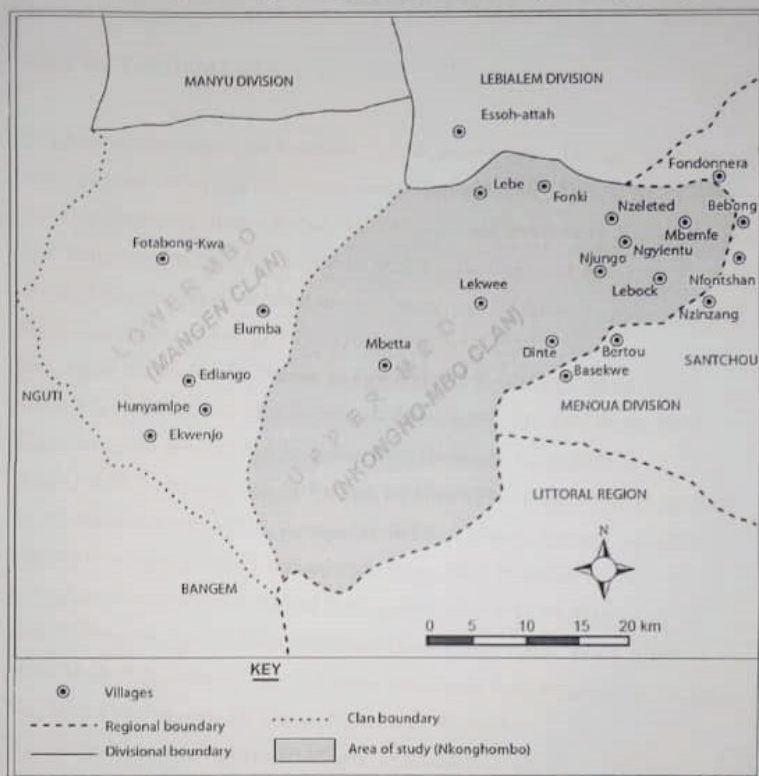
Esendugue Greg Fonsah

Nkongho-Mbo Clan in the South West Region



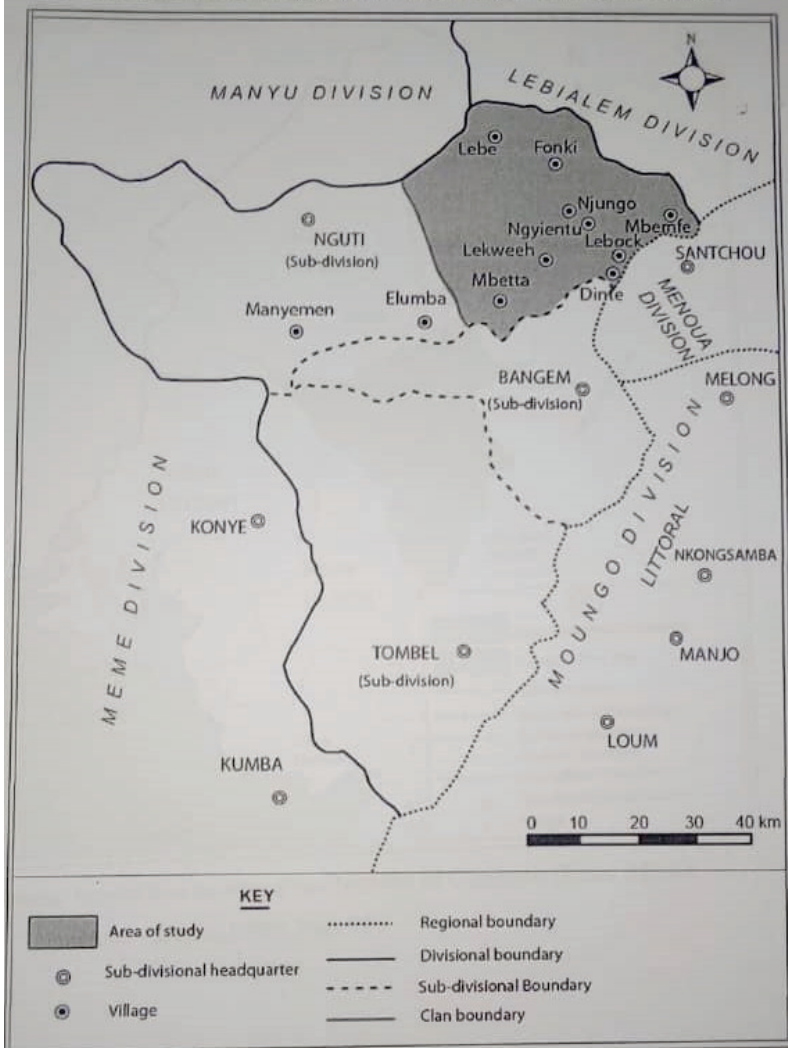
Source: Adapted from the Atlas of the Republic of Cameroon (Paris: Edition, Jeune Afrique, 1980), Page 20.

The Map showing Nkongho-Mbo and the Neighbouring Villages



Source: Divisional Delegation of Land and Survey for Kupe-Muanenguba, Bangem

The Map showing the Nkongho-Mbo Area in Kupe-Muanenguba Division



Source: Divisional Delegation of Land and Survey for Kupe-Muanenguba, Bangem



*Professor Fonsab, Chief of Nshimbeng Village
Lebock-Mbo, Southwest Region of Cameroon*

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Acknowledgements

Our acknowledgements go out to the following for their invaluable assistance toward the accomplishment of this project: Fossoh-nzock Nkendem Michael, George Fotindong Egu, Fomanka Mezah Jacob Lefang, Fossungnji Fomelack Esung Nicholas, Fotabongsungnji Tembong Simon Felix, Commissioner Mambelendem David Fotabong, and Pah Ambrose Folekick. Hon. Augustin Forsac, Pah Joseph Forteck, Pah Fotabe Egu Blasius, Dr. Forka-Leypey Matthew Fomine, Dr. Fossung Forzeh Michael, Dr. Julius Fonge Fongoucknji, Dr. Michael Fotoh Fonge, Mami Ebongkie Mary Fossoh, Esegemu Peter, Michael Esua Fonsa, Mami Catherine Nyoma Fossung Tabu, Nkah Esemu Emmanuel, Fossoh Mendeh George, Elad Desmond, Derick Elumba, Esegemu Simon, Nkie Gladys, Elad Franco Fonkeng, Ndanke Alexander Tekwa and Cajetan Nforbisong, Forsack Isbias Folikick, Mami Vivian Fossung, Mami Helen Makongho Nki and Mami Christina Tonzock Fonjungo, Cornelius Esendege, Fossung Linda Emmanbu, Pah Emmanuel Fotabi, Pah Fotullah Vincent, Pah Divine Fotullah and Nfonjock-Essunji Gabriel. We apologize if we mistakenly forget to acknowledge anyone who may have contributed directly or indirectly.

Preface

In 2005, a United Nations study reported that half of the world's languages (estimated at 6,000) would disappear by the end of this century. A third of these endangered languages are in Africa where, according to the same study, nearly 250 languages have disappeared in the last century.

Language is the heart and identity of every culture and people. Language is the storage system for the collective and unique memory as well as experiences of a people, including their natural habitat. Loss of language means loss of the ability to retain and pass on not just a belief system but also invaluable knowledge to future generations.

This English-Lekongho/Lekongho-English Dictionary is a modest first attempt to minimize the tide of the sad phenomenon of language loss described above. Lekongho is one of the five variants of the Mbo language of the Mbo ethnic group of Cameroon. The people who speak Lekongho are called Nkongho or Nkongho-Mbo, and they have their ancestral home in the Kupe-Mwaneguba administrative area of the south-west region of Cameroon. The Nkongho-Mbo fall under ten chiefdoms: Dinte, Fonkheu, Lebock, Lekweeh, Mbemfeh, Mbetta, Lebeeh, Ngientu, Njungu and Nzeletet. We believe that these chiefdoms will increase for administrative and political purposes and as the population continues to grow.

This is essentially a dictionary of words commonly used in specific situations – home, farm, travel, school, and so on. It is the authors' wish that parents will henceforth make a determined effort to speak our language to and with our children on a daily basis as well as avail and expose the children to every opportunity to imbibe the language. It is the hope and determination of the authors to consecrate an entire version of this project to children in the near future.

The success of this task (speaking Lekongho to and with our children) will depend on how aggressive we each are in projecting the language. With this book, the authors' fervent hope is that there will no longer surface any justification to continue to refrain from speaking Lekongho on a daily basis. This effort will help to regionalize, nationalize and internationalize the Lekongho language since Nkongho people are now spread all over the country, Africa and the world. Some are involved in inter-tribal, inter-regional, inter-continental and inter-racial marriages. We hope this book will serve as an introduction to Lekongho to their spouses and children wherever they find themselves. With this book, there will be no more excuses why we, our spouses or children do not speak the language.

Although a book on language, the authors have included a few notes on other equally important cultural elements such as foods, marriage and worship, and so on. After all, language is inextricably tied to and influenced by the culture and environment!

The authors would like to thank you in advance for any comment you might have that will lead to improving on the content and delivery of future editions of this book. Please forward any comments to gregfonsah@gmail.com or gffonsah@uga.edu

Chapter 1

Introduction

Useful points to consider:

Perhaps more so than in the English language, for example, Lekongho has many ways of expressing the same idea. This is especially so when it comes to the translation and use of adjectives. For example, 'I have a fever' can be translated as *Ngong-oh shugu* or *(n)yi' zswih mi teh*.

There is no *h, q, r, v*, or *x* in the Lekongho alphabet. On the other hand, there are these additional sounds: *ny, nɛ, ɛs, eu* (as in *seuh* = death).

Ny is very common in Lekongho with the stress on the *Y*, although both *N* and *Y* are pronounced almost at the same time, e.g.s. *nyeh* (you), *munyong* (crowd), *nyangashi* (headscarf), *nyinkeh* (shake).

The substitute for *Q* is *k* and *w* pronounced as one as in *kwala*.

To be as comprehensive as possible we have endeavoured to ensure that a word is listed only once in the vocabulary section. But, that is not always possible, for, as in the English language, many words completely change in meaning depending on context. Where that is the case, we have separated the different words by a semi-colon. For example, *etangkeh* – *red; banana*. Alternatively, we have underlined the listed word and then provided the different scenarios underneath the listed vocabulary entry. For example, by [as in *near*] – *nkege* [preceded by *leh*]. e.g. by the stream – *leh nkege zɔwag by* [how; means] – *ngang-a*. e.g. he came by himself – *ah pieh leh ngang-a menn*

Translations for all verbs are in the infinitive form; this means that the speaker would have to convert to the proper tense and person when speaking [see section on Grammar].

The following symbols are used in the book: *adj.* – adjective; *n* – noun; *v* – verb; *s.* = singular; *pl*– plural. An underlined word indicates there are expressions tied to the word. Unique expressions tied to a word are indicated by a parenthesis [] or () following such a word. Except when referring to a part of speech, the letter in parenthesis indicates it is part of the pronunciation of the word – a *soft* one at that: for example, the *n* in (*n*)*yih* is pronounced only softly.

The inclusion of the Lekongho-English section enables us to accommodate words that are translated more by expressions than by other words.

The authors have also made up some new words when deemed necessary. For instance, blue – *eblukeh*. This and many other words does not exist in Lekongho.

Chapter 2

Numerals

2.1 Numerals

See Adjectives, Grammar chapter, on the positioning of adjectives including numerals.

0 – *esa-ah*

1 – *nfog (nfok/efog)*

2 – *bebia (ebia)*

3 – *belaga (elaga)*

4 – *benyih (enyih)*

5 – *betaa (etaah)*

6 – *ntwigi*

7 – *sagambia*

8 – *ʒhugwa*

9 – *lebhg*

10 – *dugu*

11 – *dugu-nso-pok*

12 – *dugu-nso-bia*

13 – *dugu-nso-laga*

14 – *dugu-nso-nyii*

15 – *dugu-nso-taab*

16 – *dugu-nso-twigi*

17 – *dugu-nso-sagambia*

18 – *dugu-nso-ʒhugwa*

19 – *dugu-nso-lebhg*

20 – *mu-mbia*

21 – *mu-mbia-nso'pok*

30 – *mu-melaga*

40 – *mu-me(n)yih*

50 – *mu-metaah*

60 – *mu-ntwigi*

70 – *mu -sagambia*

80 – *mu-zhugwa*
 90 – *mu-lebhg*
 100 – *nkob*
 101 – *nkob-leh-nfok*
 111 – *nkob-leh-dugu-nso-pok*
 199 – *nkob-leh-mu-lebhg-nso-lebhg*
 200 – *nkob-mbia*
 201- *nkob-mbia-leh-(e)fog*
 211 – *nkob-(m)bia-leh-dugu-nso-pok*
 333 – *nkob-laga-leh-mum-elaga-nso-laga*
 450 – *nkob-(e) nyih-leh-mu-metaa*
 500 – *nkob-taah*
 600 – *nkob-ntwigi*
 700 – *nkob-sagambia*
 1000 – *nko-peuh; sekia; tob-send*
 2000 – *nkob-peu-bia; semekia (e) bia.*
 5000 - *semekia etaah*
 100,000 – *nkob peuh leh nkob; tosenn nkob*
 1,000,000 – *nkob peuh peuh*
 5,000,000 – *nkob peuh peuh (e) taah*

2.2 Ordinal Numbers

Once – *nka lefog; lewang*

Twice – *nka'bia*

Thrice – *nka'laga*

Four times – *nka'nyih*

Five times – *nka'taah*

Notice the elimination of the prefix *b(e)* before *bebia/ebia*, *belaga/elaga*, *benyih/enyih* and *beta/etaah*

First – *muuh behsugu* or *sakehh*; (first house – *ndaa beshugu*)

Last – *ndinteh mekhh* or *mbitehh*, e.g., last meeting – *ndinteh mekoneh*

Chapter 3

Grammar

3.1 The Article

The articles **a** and **the** do not have equivalents in Lekongho
a / the bed – legog(o)

I am sitting on a/the bed = *ncha legogo teh* (*I am sitting bed on*)

3.2 To be

Unlike in English the verb *to be* does not play any significant role in Lekongho except to emphasize an action. In that case, add *mbeshi*.

I am eating - *mih ndianeh* (or *mbeshi ndianak*)

Note how *ndianeh* has changed to *ndianak* with the addition of the emphasis *mbeshi*

I am sitting - *ncha* (*ncha-shi*).

3.3 Pronouns

as subject:

I (*Mih*) is often substituted by **n** (*ncha* – I am sitting, instead of *mih ncha*)

You – *ohh*

He/she/it – *ah*

We – *seh*

You – *nyeh*

they – *beh; bwobeh*

as object:

me = *mih*

you = *wob*

him/her/it = *menn*

us – *seh*

you – *nyeh*

them – *bwob*

3.4 Possessive Pronouns

Possessive pronouns always come after the noun it qualifies, e.g.

my book – *ekateb zeh*

my – *zeh* (plural *bwob*)

my book – *ekateb zeh*

my name – *dib leur*

my father – *sang-a gu* (*sang-a za; mbob zeh*)

my skin – *nkoago nyi mwob*

my face – *daayshugu bwob* (*daayshugu*)

Note how the possessive pronoun **my** has been translated differently in all five examples above. The beauty of the Lekongho!

your - (*e*)*zong*

his/her/its - *menn*

our - *zeh* (*meh*, e.g. (*nnugwa meh* – our house).

your - *nyeh*

their - *bwob*

mine - *ezheur* (*bebwob* if the noun it refers to is in plural)

yours - *ezong* (pl. *bebong*)

his/hers/its - (*h*) *emenn* (pl. *bemenn*)

ours - *ezeh*

yours - *enyeh*

theirs - *ebwob*

The possessive **of**, indicated by the apostrophe **s**, does not exist in Lekongho (e.g. **the teacher's book** would be translated as *ekateb ngikeb*, which literally means **book teacher!**).

3.5 Object Pronouns (the person **to** or **for** whom an action is performed)

me - *mib* (You hate me – *obh baah mib*)

you - *wob* (It hits you - *eb digi wob*)

him - *menn* (Get him out of there – *feuh menn fah*)

us - *seh* (Show us the way – *dinteh seh nsbih*)
you - *nyeh* (I like you – *nkongkeh nyeh*)
them - *bwob* (She will call them – *ah kieh bwob*)

3.6 Compound Pronouns

myself – *mi'ngong*
yourself – *wob'ngong*
himself/herself – *meh'ngong*
ourselves- *sebeh'ngong*
yourselves – *nye'beh'ngong*
themselves – *bwob'ngong*

3.7 Conjunctions

or – *keh; oh'o* (e.g., Will she come today or tomorrow? – *aah pah song shieh keh epok eh?*; Should I buy cocoyams or plantains? – *nzaah bezhinn oh'o lekendong?*)
and – *leh; boh*
as - *fengeh*
because – *lekaa; lebwob meh*
but – *leka*
until - *tekaa*
when – *kah; tam mezeh*

3.8 Prepositions

to - *aah* (There are situations when the **to** (*aah*) is optional, e.g. I am going to Njungu - *mih nkeh Njungu*).
on - *teh* (Note: *teh* must be added after the noun, e.g. it is on the table – *eh beh ah ndugu tableh teh*).
In (side) – *ndhgeh(teh)*
beside - *mbanteh*
below - *leben*
under – *leben; nyih* (It is under the bed – *Eh beh leben legog(teh)*)
above - *ndugu*

Chapter 4

Questions

- who – *nza* (who is coming – *nza (ah)pah*)
what – *zeuh* (what is that? – *zeuh beh neh?*)
where – *mbhobh*; (*a*)*la* (Where are you off to? *Ala medih* or *ohb keh la?*)
when – *ndesaa*; *lewang'a feuh* (when is he/she leaving? – *ah keh lewang'a feuh?*)
which – *efeuh* (Which car is yours? – *efeuh beh etsen zong?*)
why – *maazeuh*; *lekaa zeuh* (*Why are you not dancing?* – *ohb sa sagakeh maazeuh /;elaa zeuh?*)
how – (*a*)*zah* (How did s/he get here? *Ah bwoneh fa zah?*)
how many – (*b*)*eting-ih* (How many people came to the meeting? – *bah beting-ih bepieh mekoneh?*)
how much – *zah* (How much does it cost? – *Eh beh nshu-nka zah?*)
When *not* used as questions, the proceeding words have the following meanings in Lekongho:
who – *meh* (That man who is talking is a teacher – *muzshub meh ah soang-obneh neh beh ngikeh*).
what – *zeuh* (I don't know what s/he is looking for – *m'pi ka zeuh meh ah feh neh*).
when – *tam meh*; *tam mezeuh*; *tam mezaa* (I don't know when he/she is coming – *m'pi ka tam me ah paa neh*).
where – *mbobh meh*; *etigi meh* (We know where the school is? – *seh pih mbob meh ndaa'kateh beh neh*).
why – *leka meh*; *zshu meh buuh keteh* (We do not like your ways of doing things – *seh kongkeh ka ngeh ohb mbuu zshu neh*).
that – *zoh*, *moh* (That is what I am talking about – *Zoh / Moh leh mih (n)leeh*).

Note that each of these words could have different translations depending on the context.

Chapter 5

Plurals

5.1 Nouns

In Lekongho, as in English, nouns do not have a gender. The following three prefixes *bah*, *beh* or *meh* are added in front of nouns, and sometimes to adjectives, to form the plural with *beh* being the most common.

Examples:

pig – *kunya*; (pl.) *beh kunya*
teacher – *ngikeh*; (pl.) *beh ngikeh*
houses – *nda*; (pl.) *beh nda*
bed – *legog* (pl.) *mehgog*
child – *mwende* or *mweh* (pl.) *bande*
prison – *ekieh*; (pl.) *beh kieh*
horn – *ndong*; (pl.) *beh ndong*
box – *ekieleh*; (pl.) *beh kieleh*
things – *bih*; (pl.) *bih bah*
rope – *nkoh*; (pl.) *meh koh*
fireplace – *tzheumuh*; (pl.) *meh tzheumuh*
pistle – *ezheugeuh*; (pl.) *beh zheugeuh*
toilet – *ntuh*; (pl.) *meh tuh*
market – *esegeh*; (pl.) *beh segeh*
yam – *eloang*; (pl.) *beh loang*
spear – *lekong*; (pl.) *meh kong*
axe – *efuh*; (pl.) *beh fuh*
hoe – *esoh*; (pl.) *beh soh*
inlaw – *nkih*; (pl.) *beh nkih*
husband – *nzhuh*; (pl.) *beh zhuh*
death – *zheuh*; (pl.) *meh zheuh*
querel – *lag*; (pl.) *meh lag*
friend – *nshuh*; (pl.) *beh shuh*

tooth – *lesoang*; (pl.) *meh soang*
leg – *lekeuh*; (pl.) *meh keuh*
bone – *efeh*; (pl.) *beh feh*
hand – *lekiah*; (pl.) *meh kiah*
head – *nduguh*; (pl.) *meh duguh*
tongue – *eleh*; (pl.) *beh leh*
toe – *sekeuh*; (pl.) *meh sekeuh*
mother – *nyangba*; (pl.) *beh nyangba*

When the noun begins with a vowel drop the first letter of the noun to form the plural.

Examples:

car – *etsen*; (pl.) *beh'tsen* (not *beh etsen*)
book - *ekateh*; (pl.) *beh'kateh* (not *beh ekateh*)

When the noun begins with **m** or **mw** replace the **m** or **mw** with prefix *bah* to form the plural.

Example: child - *mwende*; children - *bahnde*

When the noun begins with **l**, replace the **l** with the prefix *meh* to form the plural.

Examples:

bed - *legog*; (pl.) *megog*
hand – *lekia*; (pl.) *mekia*
rich man – *muuh nka*; (pl.) *bah nka*

5.2. Possessive pronouns are also expressed in the plural when the nouns they refer to are in the plural. For example:

my book = *ekateh zeh*; (pl.) *bekateh bwob*

5.3. Pronoun as substitute for noun:

I – *mih*

You - *wob*

He/she - *menn*

We - *seh*

You - *nyeh*

They - *bwob*

Chapter 6

Verbs

6.1 Conjugation

To express the infinitive **to**, add *keh*, *neh* or *teh* to the verb.

Examples:

nkwangkeh, ngaganeh, ndianehe, nkweneh, ngogoneh, mmateh, nsoang-oneh, nzohnteh, mfeuhneh, mpwobneh, nketeh, mpateh, etc.

6.2 Present Tense

I am eating – *mih ndianehe*

You are eating – *obh dianehe*

S/he is eating – *ah dianehe*

It is eating – *eh dianehe*. (Note that in Lekongho there is a differentiation between human and non-human subjects).

We are eating – *seh dianehe*

You are eating – *nyeh dianehe*

They are eating – *beh dianehe*

6.3 Past Tense

I ate – *ndianehe zaa*

You ate – *ob dianehe zaa*

S/he ate – *ah dianehe zaa*

it ate – *eh dianehe zaa*

We ate – *seh dianehe zaa*

You ate – *nyeh dianehe zaa*

They ate – *beh dianehe zaa*

The past is indicated in Lekongho through the use of the words **zah** or **nyeh** added to the verb: **zah** is when the action is of the immediate past while **nyeh** is for any action that took place in the distant past. Example: He came yesterday – *ah pieh zah zanzaa* (immediate past) – *ah pieh nyeh esaa mbih* (distant past).

For an action that was **continuing** in the past, the suffixes *ak* and *nyeh* are added to the verb (e.g. I used to eat - *ndianak nyeh*).

6.4 Future Tense

In Lekongho the future is indicated through the use of the words *song* added to the verb.

I will eat – *ndianeh-song*

You will eat – *obh dianeh-song*

S/he will eat – *abh dianeh-song*

it will eat – *eh dianeh-song*

We will eat – *seh dianeh-song*

You will eat – *nyeh dianeh-song*

They will eat – *beh dianeh-song*

In most cases, the **negative** of an action is formed by adding *bah* before the verb. For example,

Take – *tuh*

Don't take – *bah tuh*

Give – *teeh*

Don't give – *bah teeh*

The exceptions are verbs whose opposites are not roots of the positive form of the verb.

For example:

laugh – *kwoh*

cry (opposite of laugh) – *shi*, not *bah kwoh* (*bah kwoh* could be used as a statement on its own and not necessarily as the opposite of **cry**).

6.5 Imperfect Indicative Tense

I was going – *nkegekeh zaa*

You were going – *ohh kegekeh zaa*

S/he was going – *ah kegekeh zaa*

It was going – *eh kegekeh zaa*

We were going – *seh kegekeh zaa*

You were going – *nyeh kegekeh zaa*

They were going – *beh kegekeh zaa*

6.6 Conditional Tense

I would go – *nkeh-ngeh* (e.g., *I would go if I had money – nkeh'ngesh kaazeh ngong-o nka*).

You would go – *ohh keh-ngeh*

S/he would go – *ah keh-ngeh*

It would go – *eh keh-ngeh*

We would go – *seh ke-ngeh*

You will go – *nyeh keh-ngeh*

They would go – *beh keh-ngeh*

For the conditional tense to be perceived, the speaker would need to voice or alter the complete sentence.

6.7 Perfect Conditional

I would have gone – *mbeh-zeh nketeh*

You would have gone – *ohh beh-zeh nketeh*

S/he would have gone – *ah beh-zeh nketeh*

It would have gone – *eh beh-zeh nketeh*

We would have gone – *seh beh-zeh nketeh*

You would have gone – *nyeh beh-zeh nketeh*

They would have gone – *be beh-zeh nketeh*

Chapter 7

Adjectives

7.1 Possessive

They agree (change form) with the nouns, they qualify.

my book – *ekateh zeh*

my books – *behkateh bwob*

7.2 Demonstrative

this – *ezshinn / dinn*

that – *ezshih*

these – *be bah*

those – *be beeh*

Demonstrative adjectives come after the noun. Note that *ezshinn* becomes abbreviated to *zhinn* after a noun is qualified.

For example:

that fellow – *elong'oh zhiih*

this fellow – *elong'oh zhinn*

7.3 Descriptive

In most cases, the descriptive adjective comes after the noun it qualifies or describes, while the adjective of quantity precedes.

For example:

new table – *tebleh nyoh* (descriptive)

many tables – *ebakwah betebleh* (quantitative)

Note that the first syllable/sound of the adjective is dropped if the adjective comes after the noun. In the example above, the word **new** would normally be translated as **enyoh**. But because in Lekongho it comes after the noun (*tebleh*), the first syllable/letter is dropped to make way for **nyoh**.

In some cases, the adjective can come before or after the noun: big, small, dry, wet, cold. For example: small bed – *mnweh legog* or *legogo (nyi)eseh*

In most cases, the adjective in Lekongho is expressed as a phrase and not as a single word. For example: a speedy car – *etsen meh eb keb leh nshwinn* (literally, a car that is going fast). In this example, the phrase ‘that is going fast’ has substituted the word ‘speedy’;

tall man – *muh mpuu nche* (literally, a man of tall height);

S/he is tall; S/he is a tall man – *ah zaa nche (ah beh mpu-mpu)*.

Many adjectives derive from verbs. For example, educated man (from the verb ‘educate’). For example: Educated person - *muh ekateh* (literally, book person).

Where the adjective has a negative connotation (e.g. unemployed is the negative form of the verb ‘employ’), the adjective is formed by adding **teh** in front of the noun it qualifies. For example: Unemployed man – *muuh teh metiuk* (literally, man without work).

7.4 Numeric

As we order adjectival forms, numeric adjectives come after the noun they qualify. For instance:

700 – *nkob-sagambia*

700 children – *bandeh nkob-sagambia*

7.5 Adjectives (+ derivatives) formed from Transitive Verbs

changeable – *eb eh mphankeh*

eatable - *eh ndhganeh* or *eb eh ndhganeh*

movable / moving – *nfhteh; eb eh nfhteh*

sitting - *nchaneh*

transferable – *eb eh nlunteh*

7.6 The Negative

These are the following ways of saying/writing the negative in Lekongho:

7.7 Present

Add *ka* at the end of the phrase.

I agree – *nkwangkeh*; I do not agree – *nkwangkeh ka*

7.8 Past

Add *zaa* or *zeh* at the end of the phrase:

I ate – *ndiib zaa*; I did not eat – *ndiib ka zeh*

If the sentence is expressing an action that happened in the distant past, substitute *nyeh* for *zaa*.

I did not eat – *ndiib ka nyeh*

7.9 Future

I will eat – *ndianeh (song)*; I will not eat – *ndianeh ka (song)*

Chapter 8

Colors

Other than the base colors black (*eshwinkeh*), white (*ephkeh*) and red (*etangkeh*), there are no equivalents for the other ‘colours’ in Lekongho. This, according to some authors, may partly be due to their vagueness or changing states.

Black - *eshwinkeh*

Blue – *eblukeh*

Brown – *egongkeh*

Gray – *egaykeh*

Charcoalgray – *mekagaykeh*

Green – *ebugukeh*

Orange – *epumakeh*

Pink – *epinkeh*

Purple – *epurpukeh*

Red – *etangkeh*

Yellow – *emoghokeh*

White – *ephkeh*

Greetings

Greetings - *efogoleh*

Good morning – *Ebonkeh epog'pok; bezhih; ohh mah shwaah?*

Good afternoon – *Ebonkeh ndhegeh'mviih; mih mfogoleh.*

Good evening – *Ebonkeh 'sangekeuh*

Good night – *Edigi'pok; nang-a'bonkeh*

How are you? – *Azah leh nkeghnyih?; azah?; azah le woh?*

Not bad (I am well) – *Maa mpeh saa; ebongkeh?*

How is the family? – *Azaa leh nyindah?; azaa leh muuh nseugeh?*

Glad to meet you – *Mbeh leh konkeh nyi ntahneh woh*

Goodbye – *Ano-o*

See you tomorrow (sometime) – *edigi 'pok; edigi seuh'ngieh.*

Chapter 10

Family

10.1 Family - *nyindah*

aunt – *munyang mbob* [father's sister] / *munyang oꝛeh*
(mother's sister)

baby / infant – *mnweh legekeh*; *mnweh seh*.

brother/sister – *munyang*

brother-in-law – *Mueh nkih gu* (literally, this means my small inlaw).

child – *mnweh*; *mnwendeh* (pl. - *bandeeh*)

elder brother/sister – *mbabeshugu*; *nꝛeh*

uncle – *munyang mbob* (father's brother) / *munyang oꝛeh* (mother's brother)

younger brother/sister - *ndigibüh*

10.2 Father - *mbob*

my father – *mbob ꝛeh*; *sang-ab ꝛah*

your father – *song-ob nyeh*

his father – *sang-ab bwob*

father-in-law – *sang-ab nkih*; *nkih*.

grandchild – *mueh mueh gu* (my grandchild; *mueh mueh gong* – *your grandchild etc.*)

granddaughter – *mueh mueh gong mung'ah* (your granddaughter)

grandson – *mueh mueh gong nꝛogo* (your grandson)

grandfather – *sang-a mbia*

grandfather-in-law – *sang-a-nkih mbia*

grandmother – *(n)yang-a mbia*

husband – *nꝛshu*

inlaw – *nkih*

10.3 Mother – *(n)yang-ab*

my mother – *o-oꝛeh*

your mother – (n)yong'oh nyeh (s./pl)
 his mother – (n)yang'ah menn
 our mother – (n)yang'a za
 their mother – (n)yang'a bwob
 mother-in-law – (n)yang-ah nkih
 mother (*mami pikin* in Pidgin English) - (n)yang'a mweh
 sister-in-law – *Mueh nkih gu* (literally, this means my small inlaw).
 wife – (mbng)ah
 first born – *sakeh nweh* or *mweh mbia*
 last born – *ndinteh-mekbh; ndinteh mweh*.

Chapter 11

Home

Home – *nnugwah*

bathroom (washroom) – *ndaa ngokeb-nyi*

chair – *eboang*

bedroom – *mnweb-nda*

ceiling – *ngon(o)minn*

closet – *ndaa-tchwi;*

cupboard - *kubod*

door – *nshu-ndab*

drawer – *kubod-bekateb*

floor – *shi-ndab*

furniture – *biib-ndab*

house – *ndab*

living room – *ndab-mbia*

roof – *ndugu-ndab*

wall – *ekuub ndab*

window – *mweb nsbundab; windu*

zinc – *mezooob-ndek*

Utencils

Utencils – *bih ndah ncheneh mpeuh /ndiane*

cup – *emoak*; *emoak mpune* (breakables including glass); *glassbih*
(adopted from English)

cup - *enougwa-midib*; *ndong-midib*

chopping board – *tableh nleteh bih*

knives – *pangaleng*

pots - *mpeuh*

fork – *toak'mesoang*; *folik*

plates - *shoang*

spoon - *toak*

tea spoon – *toak seh*

tea cup – *emoah shwakeh-medi*

table spoon – *toak mbiah*

Saucer – *shoang seh*

Appliances and Electronics

Appliances and Electronics - *biñ metuk*

blender – *ekieh mmhnkeh biñ*

phone – *ntech letuh; ntech ndeck; tingining*

cell phone – *nteck letuh*

fixed phone – *nteck ndeck tebleh*

cold store – *ndah fbeugekeh-biñ*

computer – *nteck ndeck semekiah; computah; nteck semekiah lekadinn*

dishwasher – *ekieh ngvineh shoang*

electrical cord – *nkoh elatrik*

electric cooker – *ekieh ncheneh-biñ*

bulb (electric) – *nkag'a ndek; mpuh nkag'a ndek (florescent)*

gas cooker – *ekieh eluh ncheneh-biñ*

generator – *ndah nkag; egeh nkag*

iron (pressing) – *ekieh nshwingihneh chwi*

refrigerator – *ekieh fbeugekeh-biñ*

microwave – *ekieh mbateh-biñ*

machine (washing) – *ekieh ngvineh chwih*

machine (dryer) – *ekieh ngunteh chwih*

microphone – *ekieh nsoangonneh*

Oven – *ekieh mbunteh biñ*

speakers (loud) – *ekieh nẏonteh zhuu*

sound system – *ekieh esakeh*

stove – *ekieh nchineh biñ le midi nkag*

toaster – *ekieh mbunteh ekokoh ndeck*

turn-table – *ekieh biñ'sakeh ndek*

television – *ekieh ekekebh*

tablets – *bouh ndek*

typewriter – *eguh mekiah ngah; nteck semekiah ngah; nteck ndek ngah*

Animals – *nyah/nyaa*

14.1 Wild Animals – *nyah-kiteh*

alligator - *lemaag*

antelope – *kaa'ah*

crocodile – *lemaag mpub nsuh*

bat – *nzeh*

bush pig – *nkeuh*

bush fowl – *nkiab*

cat – *mweh nkib nyah nnugwah; pushi*

chameleon – *zoangho-keuh*

cow – *nyak*

dog – *mbhga*

duck – *ken-zshwak*

elephant – *nzoak*

fox – *essoh*

frog - *zigah*

the specie with ratches on its back - *mbuh*

the green specie - *nkonghoh*

the edible specie that lives in water - *zhenga*

giraffe – *njebeleh mpuu-lebohh; nyah mpuu-lebohh*

goat – *mbuh*

gorilla – *maabang-ab*

hawk – *nyah keuh*

small - *shunwa-keuh* (only attacks chicks and smaller hens)

bigger – *nyah* (attacks cock, hen, chick and even some animals)

the black one that only preys on chicks - *maguumakangha*

another bird that snatches chicks - *nyah-keuh*

horse – *liih*

iguana - *lemaag*

leopard – *nkwob*
 lion – *nkinyah*
lizard – *mbitesab*
 red head – *mbitesab*
 monkey – *keuh*
 pangolin – *shu'uhgwa*
 partridge (bush fowl) – *ngag'a; ncha*
 pig – *kunya*
 porcupine - *nguuu*
 (rain) deer - *mbinn*
 sheep – *gong-ob*
 rat – *salekuh*
 ratmole – *saleku'mpinn*
 snake– *nhgoh*
 squirrel – *saleeh*
 tadpole - *zshuu loak; mbooh* (used as a fishing bait)
 tiger – *nkob*
 toad - *mbuhb; zhenga*
 tortoise – *takbee*
 turkey (kuba-kuba) - *kheu-ndek*
 zebra - *njebeleh*

14.2 Aquatic Animals – *nyaa; nyah zshwak*

alligator – *lemaag eleeh nshuh*
 anglefish – *shwiih mesong*
crab - *kimbigi*
 Freshwater crab - *nyomah*
 crocodile – *lemaag mpuuh nshuh*
 dogfish – *shwiih mbugah*
 duck – *keu-zshwak; dockfowl*
 eel – *shwiih nugoh*
fish – *shwiih*
 anchovy – *shwiih achool*
 arctic char – *shwiih atechah*
 barracuda – *balakudah*

cat fish – *shwiih pushi*
 clams - *klam*
 cod – *shwiih kbod*
 crayfish – *mpentak njanga*
 dried/smoked fish – *egonkeh shwiih*
 flatfish – *shwiih etchih mpub*
 Flounder – *shwiih fblanda*
 Grouper – *shwiih ngupah*
 Halibut – *shwiih halibuh*
 Lobster - *kimbigi leh nkuh*
mackerel – *shwiih makeray*
 atlantic – *shwiih macheray alantik*
 king mackerel – *shwiih makeray nfor*
 marlin – *shwiih malinn*
 morocco – *shwiih moroko* (frozen mackerel)
 mololo – *mololo*
 mbonga – *mbonga*
 long, with teeth, white – *nguh lekondong*
 munyanya – *kwah the bunteh dih; shwiih teh bunteh dih*
 octopus – *mekeuh zhugwah; octopus*
 oyster - *ostah*
 perch – *shwiih pih*
 Sadine - *sadinn*
 Salmon – *shwiih shamon*
 Scallops - *scallop*
 Sharks – *shwiih edegah bab*
 Shellfish - *shwiih egogoh*
 Shrimps – *njanga mbiab; efbegekeh njanga*
 Soles – *shwiih nguh lekondong*
 Stock fish – *mbogo-segeh*
 Sushi – *shwiih mbeur; shwiih teh tcheb*
 Sword fish – *shwiih piab*
 tilapia – *shwiih telapiab*
 tilefishes – *shwiih epoah*
trout – *shwiih toag*

rainbow – *nugoh dub minn*

tuna – *shwiih tunah*

mud fish - *nguuuh shwiih*

electric fish – *ethagah*

zebra fish – *shwiih zebala*

frog - *zigah*

the edible specie that lives in water - *zheuga*

toad - *mbuhb; zheuga*

tadpole (used as a fishing bait) - *zshuu loak; mbooh*

15.1 Foods – *biih ndhegah'neh*

beans – *mekuu; ngapsa*

bean paste (koki bean) – *mekuu mboak*

white beans – *gongho*

black beans – *essob-mekuu*

bread – *ekokoob-ndek*

cassava – *kasalah; nkang'a bune*

white cassava – *ephkeh kassala*

red cassava – *etankeh kassala*

chicken – *kheu*

cocoyam – *bezhin*

broad leaves big tubers – *nkolong-ejeboag*

cocoyam – *nkangkeleng*

country cocoyam – *bezhin mboag** (**mboag* is spelled interchangeably thus: *mbock; mboak; and mbok* in different parts of this book but the meaning remains the same)

Igbo-coco – *lekum*

Long tubers – *nkolong; ezemezeemong*

reddish cocoyam – *kingueh*

red leaf round tubers – *echaah*

pinkish cocoyam – *kingueh* (Note that it did not adopt any of the words, i.e. pinkish nor cocoyam)

white cocoyam – *epeukeh nkangkeleng* (*epeukeh* is spelled interchangeably thus: *epeukeh* and sometimes *ephkeh* in this book but they all mean white)

Cross boarder/boundary (*colocasia* is a genus of flowering plants from the family *Araceas* from Southeastern Asia) – *ezah mezeh-mong*

Tuber (*colocasia*) – *kwangfbuleh*

Corn/mais – *nchwi*

corn paste (koki-corn) – *ekokooh nchwi*
 corn flour – *ecob*
 flint corn – *etuoh; sangaly*
 fufu corn – *ebaa nchwi*
 sweet corn – *eleteh nchwi*
 fufu (contri-coco) – *ebaa mboak*
 fufu corn – *ebaa nchwi*
 fufu cocoyam – *ebaa nkangeleng/eshupa*
 fufu cassava – *ebaa casalah*
 fufu plantain – *ebaa lekendong*
 fufu yam – *ebaa eloang*
 garri – *mfhng-fhng*
 hamburger – *ekokooh le nyah (ekokooh nyah)*
 macaroni – *makbaroni*
 meat – *nyah*
mushroom – *sheuweeh; tongho*
 white ground mushroom – *sheuweeh nshey*
 palm nut kitchen mushroom – *sheuweeh beyeeh*
 stumps mushroom – *teesby-nkok*
 white big mushroom – *tongho*
 white maggot mushroom – *eken*
 noddles – *mekuu nche; noddles*
plantain – *lekendong*
 black fruit – *lekendong salekooh*
 big bunch long fruit – *mekiah lekendong; ebangah*
 short eight short fruit plantain – *mboungooh*
 “Martin” – *Martin*
potato – *enyak*
 sweet – *eleteh enyagah; etankeh*
 white – *enyagah*
 porridge – *biib nshugwaneh*
 pumpkin – *lebog*
rice – *mekuu’lebk*
 fried rice – *mekuu nkangahneh*
 boiled rice – *mekuu nshugwaneh; jelof*

coconut rice – *mekuu kukunet*
sauce/soup – *nꞑah*
 egusi soup – *nꞑah nꞑhik*
 groundnut/peanut soup – *nꞑah mbeyang*
 okra soup – *nꞑah eleteh; nꞑah akro*
various eating time – *tam ndianeh;*
 breakfast – *bih epogopok*
 dinner - *bih ngeukeuh*
 lunch - *bih mwih*
 vegetable soup – *nꞑah mekang*
 spaghetti – *mekuu mesong'oh; mecor-mecor; spaghetti*
 vegetables – *mekang*
yam – *eloang;*
 aerial yam – *letoaq; (pl. metoaq); mbong quey*
 calabar yam – *eloang medih; echeeh*
 round tubered yam - *letoaq*
 sweet/yellow – *leleg*
 water yam – *eloang medih*

Chapter 16

Fruits and Vegetables

Fruits – *medugu migi (pl.); nduguh zshigi (sing.)*

16.1 Undomesticated

apple (imported) – *ndugu zshigi ndek*

apple (local) – *ndugu zshigi ndegeh*

tree – *ndugu zshigi ndegeh*

berries – *mpeteh puma; souck*

banana – *manya*

No. 1 banana (AAA genome group with three chromosomes acquired from *Musa acuminata*) – *manya ndeck** (* is spelled interchangeably thus: *ndek* or *ndeck*)

Short fruit (ABB group whose parents are Hybrid: *Musa acuminata* x *Musa balbisiana*) – *bougoushy*

Purple colored – *epurpukeh* manya* (*new word); *etangekeh manya* (red – old usage)

cashew nuts – *kieh*

coconut – *mbang midih; kukunet*

elephant grass – *ndesoang*

grapes – *puma mbia*

fruit – *puma nseuteh; mbeneh*

wine/small – *puma minn; seh*

guava – *nguabab*

kernel – *mbang*

Kola – *lebiih* (are *Cola acuminata* and *Cola nitida* belonging to the cocoa family *Sterculiaceae*)

Bitter – *nyah*

Children's – *lebiih bandeh*

Grassfield kola – *lebiih mbendeng*

Monkey – *esebong*

Native kola – *lebiih mboag; lebiih eteh*

Sticky kola – *ekombi*
 Lemon – *emogbokeh lameshy; lameshy*
 Lime – *ebugukeh lameshy; lameshy*
 Mandarin – *mandaline; puma seh*
 mango – *mangulu; lebiib keh*
 Grape fruits – *puma mbia*
 muscadine grapes – *puma nꝑock nyah*
 njansang – *ndesang*
Sugar cane – *nkoag* (genus *Saccharum*, tribe *Andropogoneae*)
 Long step – *nkoag ndesoang*
 Short step – *nkoag betreeh*
Palm (*Arecaceae* family) – *mpih*
 American oil – *mekeuh ndeck*
 Date/dead – *lenac* (scientific name – *Phoenix dactylifera*)
 Long fronds raffia – *nkaah segeeb mbenweh*
 Short fronds raffia – *segeeb*
 Pear (avocado) – *pia* (family *Lauraceae*)
Plum – *besegah*
 black – *besegah*
 long fruits – *mpoh-menk; ndeng egock*
 round fruits – *ngoh-ngoh*
 small fruits – *magwagaah*
 watery plums – *ntwalay*
Pineapple – *ndugu leꝑang; nanashy*
 Big fruits thorny – *leꝑang ndeck*
 Less thorny – *leꝑang ndeck*
 Small fruit thorny – *leꝑang ndeck*
 Wild pineapple – *Ndugu leꝑang nꝑeeb*
 Orange – *puma*
 Watermelon – *Lebock medih*

16.2 Domesticated

Plantain – *lekendong*
 Long/few fruits plantain – *ebangha*
 Long fruits plantain – *mbongoo*

Few hands long fruits plantain – *lekendoung betang*
 Black plantain – *lekedoung salekou*
 Banana (*Musa sapiente sp*) – *manya*
 Country banana (*Musa ABB Group*) – *manya mbock*
 Short fruits banana (*Musa ABB Group*) – *bogoshey*
 Short/strong fruits banana – *mekoubah*
 CDC banana (*Musa AAA Group – Cavendish*) – *manya cdc*
 Reddish banana (*Musa acuminata*) – *metola/esongmapiaya*
 harvesting only a portion (dehanding), e.g., two hands of plantain
 – *faga lekendong*
 pear (avocado) – *piab*
 plum – *besegah*
 shake the plum tree indiscriminately so that ripe and unripe fall
 to the ground – *meuk* or *meukeh besiga*
 vegetables – *mekang*
 harvest (v) – *nfeteh bih*;
 hoe (n) – *esooh*
 hoe (v) – *gwakeh nchi; esekeh nchi*
 mound (n) – *nduchi*
 seed – *mbugu*
 shoot (out of the soil) – *kebeghe; tob*
 sow (plant) – *ngunteh*
 sucker – *nneh lekendong / etangkeh; mbuguh*
 transplant – *ngunteh mbogieh*
 Tree – *zhigih*
 Trees – *migih*

Vegetables - *mekang*

16.3 Domesticated

anchia – *mekang nduuh*
 cabbage – *mekang etuuh ndek; mekang ebigileh ndek*
 Carrots – *mekang zhigih kateh*

Bitter leafs –

Sweet - *mekang mbok*;

bitter - *mekang ẓbigi*; *migib* (pl)

cocoyam leaf – *ebigileh*

eggplant – *mekang mbeeh*

Green – *mbege* (In the USA, turnip, collard and kale are all called green. In Africa especially Cameroon, this includes other leafy vegetables of the family *amaranthus* that love the summer weather similar to the tropics. They are mostly referred to as pigweed).

Turnip – *tonib*

Collard - *kolad mekang*

Kale – *kaal mekang*

Small leaves green - *Mbege mbok*

eru – *mekang mecor*; *elikeh mekang*

beans – *ngapsa*

green – *ebugu-ngapsa*

red – *etangkeh ngapsa*

black – *eshinkeh ngapsa*

white – *epenkeh ngapsa*

multicolor – *mekinkiah*

undomestic beans - *maẓagaleh*

garden egg/eggplant – (Family *Solanaceae*, *Solanum melongena*)

garden egg (‘jagatuh’ in pidgin) – *nduuh*

Small fruit garden egg – *ngeinge nyah*

normal (round) – *nduuh*

purple – *epupukeh nduuh*

bitter – *n̄ẓbigi*

groundnuts (peanuts) – *mbiyang*

indigenous groundnuts – *mbiyang mboag*

mushroom – *shweh*

Inky caps – *minyeh*

Magic mushroom – *shweh nshih*; *nguh keuh*

huckle burry (smaller leaves) – *meleeh*;

huckleburry (wild) (larger leaves) – *ndisang*; *meleh*

okonghobong – *mekang baa mbih medi*
 onion – *anyoshi*
 tomato – *mekang nduuh; tomatoh*
pepper – *tushuuh*
 bush pepper - *shwab*
 green (bell) pepper – *tushuuh ebuguh*
 red pepper - *etankeh teshuuh*
 small fruit – *tushuuh mecour*
 yellow pepper – *emogbokeh tushuuh*
 spinach - *ebigileh elect*
pumkin – *lebock*
 big fruit - *lebock*
 pumkin leaf – *nseleh*
 turnip - *tonib*
 water leaf – *esbekeh mekang*

16.4 Undomesticated/wild

Bitter leaf – *mekang shigi; migib (pl)*
 The less bitter type – *mekang mboag*
 Eru - *mekang mecor; elikeh mekang*
 Elephant grass – *ndusong*
 Okra - *eleleh*
 Raphia - *segeh*
 Raphia nuts – *nduguh segeh; mbang segeh*
 Indian bamboo – *nfiveh*

Human Anatomy

Human Anatomy- *nyih bah*

Abdomen/belly/stomach – *lebbnn*

ampit – *lekaga; mekaga* (pl)

ankle – *egong'oh diblekeh; ezhib-lekubh;*

anus – *efoago-nyih*

Rectum – *nya-nyih*

back – *mbih*

beard – *nzeh*

bile – *ndong*

body – *(n)yih; nkege-nyih*

bone – *ephe* (pl. *Bephe*)

breast – *lebeeh* (pl. *mbeeh*)

buttock – *laa-nyih* (pl. *mela-nyih*)

chest – *egangahneh*

chin - *ghweh*

clitoris - *nkong*

ear – *letsu* (pl. *metseu*)

elbow - *dung lekiah*

eye – *dih* (pl. – *miuh*)

eyebrow - *epwih* (pl. *bepwih*)

eyelash - *nyong'o dih* (pl. *nyongmih*)/*etogo dih*

eyelid – *etogodih; metogodih* (pl)

face – *beshuguu*

finger – *sekia*

foot – *lekheu* (pl. *mekheu*)

forehead – *daaysbugu*

hand – *lekia* (pl. – *mekia*)

hair – *nyong*

armpit – *lekageh*

chest – *eganganeh*

chin – *ghweh*
 head – *nduguu*
 leg – *lekenh*
 legs – *mekenh*
 nostril – *chwih*
 pubic – *lebu'ub*
 head – *ndugu* (pl. – *medugu*)
 heart – *ndhegeb*
 intestine – *mieh*
 jaw – *ekeg* (pl. *bekege*)
 kidney – *peck*
 knee – *doang*
 knee cap – *soangh'o doang*
 lap – *lenaah* (pl. *menaah*)
 leg – *lekheu* (pl. *mekheu*)
 liver – *lebiah*
 lung – *mfong*
 mouth – *nshu*
 muscle – *mekwa-nyih*
nail – *(n)yeeh*
 Finger – *sekiah*
 finger nail – *(n)yeeh sekia*
 Toe – *sekhau*
 toe – *(n)yeeh sekheu; semekheu* (pl.)
 navel – *letong*
 neck – *lebooh*
 nose – *chwih*
 nostril – *efogo chwi*
 palm – *ebekiah*
 pancreas – *mbaneh*
 penis – *ezouk*
 shin – *mboang*
 Gastrocnemius – *ntoak* (the back part of the leg)
 shoulder – *mbegeminn; ngang'aminn*
 skin – *nkege-nyih*

soul - *nsoung*
stomach (belly) – *lebhnn*
thigh – *lenaab*
throat - *kingb*
tooth – *lesoang* (pl. – *mesoang*)
tongue - *elehb*
under belly – *zoang-o-shi*
urethra/urethral opening – *shih; epoooh miib*
vagina – *eneke*
vein (invisible) – *nshih* (pl. *mesbih*)
vein (visible) - *nkagha-lekeuh* (vein in the leg)
waist – *eseuh*
wrist – *egoang'o lekia*

Health – *maah nkege-nyih /ewakeh*

accident – *ebebb*

ache (n) - *nkwaneehh*;

headache - *ndugu-ekwah*

body ache/pain - *nyih-ekwah*

Examples: I have a headache – *ndugu 'kwa mib* (lit. The head is aching to me)

She has a stomach ache – *Lebhnn leh 'kwa menn* (lit. The stomach is aching to her)

bandage – *ebandashi; ebandaa*

bleed – *mekih mehsen* (specify body part thereafter, e.g. his nose is bleeding – *mekih mehsen mechwí menn teh*).

blood – *mekih*

boil/abcess – *z'hgoh*

chickenpox – *ketregee*

constipation - *nkep*

cough – *ekwa*

dentist – *mushia mesoang*

diabetes - *ewakeh-eletehh* (e.g., s/he is diabetic - *ewakeh eletehh e sego men le nyih*)

diarrhea (diarrhoea) – *lebhnn-ngaganeh* (running stomach)

doctor - *dokta* (Note that *mushalebugu* or *muh dashia* could be used to refer to anyone working with medicine or within a hospital environment).

Dose/dosage – *nfhkeh*

drugstore – *ndaahsege sha*

Hospital - *ndaasba*

dysentery – *nsoteh*

elephanthiasis – *nzoago-lekbeu*

epilepsy – *ekwah*

examine – *nzenteeh/mbateh*

examination (medical) – *bateh* (*bateh muh wakeh* - examine a patient; *bateh nvehgu* – examine my child; *bateh doang le* – examine my knee, etc.)
 examination (test) - *nzhigilehb*
 fertile (female) – *nsheteh lebhn*
 fever – *shugu*
 headache – *nduguh-mekwah* (e.g. He has a headache – *nduguh mekwah menn*)
 high blood pressure - *mekih nkweneh*
 ill – *nkheuneh*. (e.g., I am ill – *mih kheu*; we are ill - *seh kheu*; They are ill – *beh kheu*)
 inject – *nsongkeh*
 injection/needle – *lesak*
 leprosy - *nsaak*
 madness - *ebwaa*
 Pale - *bekong*
 malnutrition – *egwake-nshaa*
 measles - *mekelehb meseh* / *ketregee*
 medication/medicine – *shah*; *shalebugu*
 pill/tablet – *mbang-shah*
 running stomach – *lebhn ngaganeh*
 sickness / disease – *ewa(g)keh*; *ekhhkeh*; *ewakeh*
 sleeping sickness - *egwakeh bezheugo*
 smallpox – *nseukehb*
 yaws – *kalema*
 surgery – *nkaneh* (e.g. He has undergone surgery – *beh mah ka menn* – literally they have opened him up).
Theatre – *ndah mezoak*
 hospital operation room – *nda'nkaneh-bah*
 concert – *ndah nsakebzun*; *ndah mesoh-zhu*
 movie – *nda linghi-linghi*
 well – *ligih*; *nligi teh* (e.g. I am well – *nligih*; They are well – *beh ligih*)
 wound – *shigi*
 wrist watch – *egeenchi*; *mooh egeencchi*
 Bangle - *mooh lekiah*

Chapter 19

Wellness Expressions

I am well - *nligi teh*

I am ill – *mih nkeh* (also expressed in the negative I am not well variously: *nligi ka*; *beta saa mih*)

I am 50/50 (nothing bad or good to report) – *tabwoh tanyi*; *nsah mbang nsah mpib*; *nsah ekeuh nsah mbeng*

Once beaten twice shy – *ka nugoh kogo woh, oh bang ngengogho/mesongho* (lit. when beaten by a snake, one gets scared of even a warm or milipete).

Bereavement/death announcement using the talking drum – *melong-ntong*; *bioang bioang*

Stock in one's neck (A problem that cannot be resolve) – *zaga kinteh*

Crowl like a cock – *tong-o ngeh nzogo keuh*

Top secret; something that should be banned or unspoken – *nkoh mbwateh*

Chapter 20

Farm

20.1 At the Farm – *ah teuh'nteh*

farm – *teuh*

farm (n) - *teuh*

farm (v) - *sekeh nchi; sekeh teuh*

fertile – *ebongkeh ndoh*

grass/weeds – *ebugu*

grow (grass) – *khoag'o*

20.2 Insects – *mekeuh-ntwigih*

ant - *shwih*

bee – *bejuhgo*

bee hive - *ndah bezhugu*

black/red (general) – *shwih*

black fire ants - *nseleh*

black and living in the ground - *pupuh*

butterfly – *ekenkog'oh*

crawling – *baakekweb; muekekweb (sing.)*. Note: it has a red color.

dragon fly – *longho-longho tia-tia*

red with black head – *mekuleh*

reside on special tree in the forest – *nkog'oh*

red dancing – *kiti ndendack (kiti 'dendack)*

tina brownish fire ant - *ngwalangha*

termite – *bagashueh; ngok*

rwinkle fly – *nyinkeh*

centipete – *miseh; nselenug'o*

cockroach – *pepeeh*

cricket - *ngingkeh*

fly – *mekongkeh*

giga – *nyangileng*

locust - *epeh kwang*

milipede - *ngegong'oh*
spider – *nghngang*
tse-tse fly – *efoung*
tarantula – *nghengang nugoh*
wasp – *lenyih*
scorpion - *nghengang kimbigh*

20.3 Cultivated crops

Oil palm – *mekeuh mpib*
Palms – *mpib*
Palm estate - *lepeuh*
Yam - *eloung*
Water yam - *eloang-medi*
Calabar yam – *eloang ndegabaah*
Aerial yam - *letoug*
Sweet yam/Yellow yam – *leleck*
cocoyam - *nkankeleng*
Reddish cocoyam - *kingeh*
Colocasia/Taro – *bezhinn mbock*
Big tubers colocasia - *kwanfhuley*
Long tubers colocasia - *nkoloung*
Cross-border colocasis - *eamezemoung*
Igbo coco - *lekoom*
Cassava (Genus *Manihot* and family *Euphorbiaceae*) - *nkangbeun*
Bitter (*M. esculenta*)– *ezeukeh nkangbeun*
Sweet – (*M. dulcis*) – *eleteh nkangbeun*
Reddish Tubbers - *etankeh nkangbeun*

Shopping

21.1 Shopping / At the Market – *Ah 'sige*

bargain – *ndigineh nsbu esegeeh; nsekeh nsbuesegeh*

To buy – *nzanteh*

buy – *zaah*

To cheat – *nloteh*

cheat – *loteh; chiteh*

To deduct – *nshweteh*

deduct – *shweteh*

To carry away or to take away – *feuh*

money – *nkah*

dollar – *nkaa'merika*

Pounds – *nkaah nglishi*

CFA France – *nkaah flanshi*

expensive – *ligi-nsbu*

francs – *nkaa flanshi*

items – *biib*

money – *nkah*

price (cost) – *nsbu; nsbu nkah*

prize (to) – *sekeh*

pound – *pong; nkaa 'nglishi*

save (money) – *nkonghoneh nkah*

spend (money) – *mbuleh nkah;*

To squander money – *mbwoteh nkah/ mbyenkeh nkah*

To sell – *nshuunteh*

Sell – *shuuh*

shop (store) – *nda'seugeuh*

21.2 Shopping Expressions

It is very expensive – *eh makeh nligi-nsbu*

How much does it cost? – *eh beh nsbu nkah azah?*

How much did it cost? – *eh seuh zeh (zaa) nshu nkaah za?*

Do you sell shoes? – *Ohb shuuh beboage?*

I will buy this dress – *nzaa chwi nyinn*

Please reduce the price – *soang o feuh nweh zshu teh*

What is the total cost – *zshu-seugeh bwoneh nshu nkaa za?*

Will the store open tomorrow? – *nyeh chi epok eh*

21.3 Hot beverages – *eshwakeh biih nnugwaneh*

Coffee – *mbang migi bub; kofih*

Fiver grass – *ebugu zshugu*

Tea – *mekang zshwakeh midi; tih*

Hot chocolate – *eshwakeh midi kaka; eshwakeh chokola*

Quaker oats – *pap ndeck*

Pap = *pap; eshwakeh esheteh nchwi*

22.1 At School – *ah ndah'kateh teh*

bell – *nh'ang*

blackboard – *ekateh ekuundah*

book – *ekateh*

break / holiday – *lezhuete-h-nyi*

Certificate – *safiticate, ngik e-kateh*

Degree – *degri*

1st degree (bachelors) – *sakeh degri*

2nd degree (Masters) – *degri ncheb bebiab*

PhD degree – *docta e-kateh*

MD degree – *docta ndah sbiah*

diploma - *diplomah*

class/grade – *mbokeh*

classmate – *dieng-mpah*

dismiss/expel – *naah; feuh*

education – *maa 'kateh*

enroll – *sang-a dib*

examination/test – *njigileh*

To fail – *nfwenteh*

fail – *fiveh (ah gaga ka – he did **not** pass)*

field/playground – *lenghe mezoag; etigi mezoag*

game/sports – *mezoag*

graduate - *(m)ateh e-kateh; mateh e-kateh*

handboard – *ekateh mekiab*

headmaster/principal – *ndugu'mbia* (Also refers to the *head* of a service, organization, administrative unit, etc. Hence, manager, director, governor, president, etc would each be referred to as *ndugu'mbia*)

learn – *gigih zshuu*

paper – (*l*)*epaah n'feuh*
 pass (succeed) – *gaga*
 pen – *ʒhigi'kateh; penn*
 play (v) – *buuh meʒoag*
 professor/lecturer – *ngikeh ekateh mbia*
register
 (n) – *ekateh nsangkeh mih*
 (v) – *san(g)'a dih; nteneh dih*
 result – *njigileh maseuh* (the results are out)
 school fees – *nkah 'kateh*
 students – *bandeuh 'kateh*
 study – *gigi ekateh; gigi ʒshuu*
 teach – *gikeh*
 teacher – *ngikeh*
 timetable – *ekateh biih mbuteh*
 university – *ndaa-'kateh mbia*
 write – *sang-ab*

22.2 School Subjects – *nduguh 'kateh*

Accounting – *maah nkah*
 Agriculture – *maah tenh*
 Animal Nutrition – *ledianeuh nyah*
 Animal Science – *maah nyah* – (I'm studying animal science – *mih gigi maa nyah*)
 Biology – *maah nyih*
 Chemistry – *ekateh piah* (I'm studying chemistry – *mih gigi maah piah*)
 Crop Science – *maah biih ndeganeh*
 Economics – *maah mbuleh nkah*
 Engineering – *maah ekieh*
 Entomology – *maah mekeuh-ntwigih*
 Geography – *maah ndoh segeh*
 Meteorology – *maah nchih*
History – *maah lekieh*
 Ancient – *maah lekieh ngah*

Modern – maah lekieh zhie boh epok

Journalism – *maah esongboneh; maah lineh nkeh*

TV – *ekieh ekekeh nsongboneh*

Radio – *lih nkeh leloang*

Writer – *nsangkeh nkeh*

Drummer – *nkeh nteck*

Literature – *maah bekieh*

Marketing – *maah esegheh*

Mathematics – *maah nlankeh biih* – could also apply to accounting

Medicine – *maah shiah ndeck*

Traditional – *maah shiah mboag*

Nursing – *maah ngoneh bah ekeukeh*

Philosophy – *maah eliekh boang*

Pathology – *maah nfeteh ewakeh*

Poultry Science – *maah keuh*

Religion – *maah ndem*

Soil Science – *maah ndoh teuh*

Games and Sports

Game/sports – *mezoag*

Basket ball – *etuh nsah; etuh eding*

Boxing – *etuh ezeuk*

Foot ball/soccer – *etuh ndek*

Fishing – *loag*

Golf – *etuh epooh*

Grappling – *leteh ntekeh*

Handball – *etuh mekiah*

Handball – *etuguh mekiah*

Hunting – *esongoh*

Jijutsu – *leteh twih mbiah*

Kick boxing – *leteh lekeuh*

Kungfu & Wushu – *leteh baah China*

Martial arts – *leteh mekiah-mekeuh*

Restling – *leteh nnogoleh*

Rugby – *etuh nkeueh*

Swimming – *nyateh zhwak*

Tennis (table or pin-pong) – *etuguh tablet*

Tennis (lawn) – *etuh ndigineh*

Track /running – *nketeh nshwinn*

Volley ball – *etuh bunjah*

Water polo – *etuh zshak*

Chapter 24

Travel Expressions

24.1 Travel Expressions – *esonghoneh lefoag*

arrival – *mpateh; ngweneh*

bid farewell – *ʒagaleh*

farewell – *awo'o; fogo'bongkeh; fogo ndohdoh*

bridge – *lenyang*

carriage – *egieh bih*

departure – *nketeh*

driver – *ntsen-tsen*

driver's assistant (collector) – *nkuteh nka*

fare (ticket) – *nka-nshi; nka-lefog; ekateh lefog*

go on a journey – *nketeh lefog*

horn – *leka (n); tong'oh (v)*

luggage – *mbhgah*

passenger – *muh lefog (sing.); baah lefog (pl.)*

park (motor) – *etigih etsen; pak*

road (motorable) – *nshih (etsen); nʒshibeh; taahmaah*

rail (way)/train station - *nshi mashinn*

train – *mashinn;*

24.2 Land Transportation/Travel - *lefoag nshih*

bicycle - *lekandong*

bus – *etsen-munyong; etsen mbia; boshi;*

car – *mweh etsen*

motorcycle – *etsen-mekeuh-mbia; motosaakuh*

timber trailer - *etsen-migi; etsen mbia*

Trailer (and other large transportation vehicles) - *nʒogo-nʒogo etsen;*
etsen mbia

Truck (pickup) – *etsen bih 'she*

vehicle – *etsen*

24.3 Air Transportation – *lefoag duuh*

airplane – *menoob-ndek; menoob-duuh*

crop duster – *menoob-bih/ duuh enyih teh*

cargo/passenger – *menoob-ndek biih/ munyong*

helicopter - *menoob-ndek/ menoob-duuh leh mpah*

military - *menoob leteh ndek; menoob duuh pih*

airport – *nsbi menoob-duu; nsbi mpeuneh*

air ticket – *ekateb-nsbi duuh; ekateb-nsbi menoo-duuh*

boarding – *nseugoneh*

boarding pass – *ekateb lefoag; ekateb nseugoneh*

business class (first class) – *epeh baah-mbia; epeh nkebnn; epeh baah
nkab*

check-in (registration) – *nsankeh dib; tuh ekateb lefoag*

check-in (security) - *ngaganeh eshwinkeh nkwa*

economy class – *epeh ngwang; epeh*

flight time/Departure time (ETD) – *nshwaneh-shi; npeuneh* – (e.g.

My flight is at 10 O'clock – *nshwaneh-shi mwob beh biih dugu).*

hostess (flight attendant) - *baah nteneh bii menoob-duuh*

landing – *nkoteb-sbih; nbwoneh*

pilot – *ntsheu-tseu menoob duuh*

take off – *nshwaneh-shi*

Have a safe trip - *fogo (e)bongkeh; fogo ndoh-ndoh*

See you when you return – *Dub-ob-pah; keh-ob-pah*

Welcome (back) – *pah 'bongkeh*

Construction Equipment

25.1 Construction vehicles – *etsen nnateh nshih*

caterpillar – *etsen nseukeh nsbih; mpeuneh nsbih*

bulldozer – *etsen nyeteh ndoh*

culvert – *mpogoleh ndek*

compactor – *etsen shingbineh nchih*

excavator – *etsen mmoateh*

front head loader – *etsen mmoateh zagaꝑaga bih*

forklift – *etsen leh mesoang*

manual - *ekieh nkongkeh bih*

grader – *ekieh nswbeneh nsbih*

gravel – *meliah nseleh*

tractor – *etsen teh*

sand – *nyang'a*

pick-up truck - *pick-up*

Chapter 26

Time and Weather

26.1 Time and Weather - *nchi*

Cloudy/foggy – *ebaga* (e.g. It is a cloudy day - *ebaga makeh luh nchi shieh*)

dark/darkness – *eshwiih* (e.g. It is getting dark – *eshwiih ehkwah; eshwiih wah pah*)

daytime / afternoon - *ndegemwiih*

decade – *esaa dugu*

dry season - *zshunteh*

early/earlier – *esaa; lenshwinn*

earthquake – *ekenh ndoh*

evening/nighttime – *esaa ngeken*

fall/autumn - *nchih; ngah mpah nfweneh*

flood - *ekenh zshak*

hot – *shwa ndeteh* (e.g. it is hot – *eh shwa ndeteh*)

later – *esaa* (e.g. *See you later* – *edigi 'saa*)

landslide - *mbngh*

morning - *epogopok*

month - *ngooh*

night/night time – *nkeh; ndhge nkeh* (*period between bedtime and when the first cockcrow*)

noon – *leseeh*

now - *lekadinn* (*right away* - *lekadinn lekadinn*)

o'clock - *biih* (*comes before the number/hour, e.g. two o'clock – biih bebia*)

Use *ngaganeh* for time after the hour and *nketeh* for time before the hour, e.g.: *nchi beh ngaganeh biih belaga* – It is past 3 o'clock; *nchi beh nketeh biih belaga* or *nchi me keh biih belaga* – it is getting to 3 o'clock).

rainy – *mbigih* (it is a rainy day – *mbigih esoago sheh*)

rainy season – *ezugoh*

snow – nkwalh duminn
 spring (season) – *ngah sang'akeh ebugu (ngah sang'akeh meeleh)*
summer – ngah shwakeh-nchi
 sunny / sunshine – *dugu (it is sunny last week – dugu zaa beh meteng ngaganeh)*
 today - *sheh*
 tomorrow – *epok*
 warm weather – *eh shwa (it will be warm tomorrow – nchi me 'swa ngeh ngaganeh epok)*
 week – *meteng*
 windy / thunder – *Ekbh*
 winter – *ngah nfhgeneh*
 year - *esaa*
 yesterday - *zanzaa*

26.2 Time / Weather expressions – *maah nchi*

what time is it? - *nchi beh zabh?*
 The weather is nice today – *nchi (m)bong-oh sheh*
 It is not cold outside – *nchi (n) fhege kaa boag*
 The sun is up – *dugu ma kaa*
 It is windy – *Ekbh eh gaga shi*
 It is late/past time – *nchi ma gaga*
 It is not yet time – *nchi piteh koag; nchi piteh bwoneh*
 It is 5, 10, 15...mins past 4 o'clock - *nchi beh ngaganeh biuh benyih*
 It is 5, 10, 20..to 5 o'clock - *nchi meh keh biuh beta*
 before day break / before the first cockcrow – *nkia ze bu tong'o*

Civics – *maa mboag*

city – *kongho-mboag*

Town - *kongho*

Village – *nnugwah*

Commissioner of police – *ndugu mbia eshwinkeh kwah*

country – mboag

division (county) - *divishonn*

governor – *nduguh-mbia epeh mboag*

leutenant governor – *mbanteh nduguh-mbia epeh mboag*

district officer (DO) – *mbanteh ndungu-bia meh kongho*

Senior District officer (SDO) – *ndungu-bia meh kongho*

mayor – *Ndungu-bia meh kongho seh*

minister – *nduguh-mbia*; (Add the section, i.e. Minister of

Agriculture = *nduguh-mbia me teh*; Minister of education = *nduguh mbia me'kateh etc.*)

vice minister – *nguguh-mbia seh*

Prime minister - *mbanteh ndugu bia mboag*

Police – *eshwinkeh nkwah*

Province / region/state – *epeh mboag*

President – *ndugu-mbia mboag*

28.1 Continents – *bepeeh; betoh ndoh-segeh*

Asia – *ndoh emogokeh bab*

Africa – *ndoh eshwinkeh bab*

North America – *America Ekeuh*

South America – *America Mbeng*

Antarctica - *Antarctica*

Europe – *Europe*

Australia - *Australia*

28.2 Countries – *beh mboag*

Algeria – *Algeria*

Angola – *Angola*

Benin – *Beninn*

Botswana – *Botswana*

Burkina Faso – *Burkina Faso*

Burundi – *Burundi*

Cameroon – *Cameroon*

Cape Verde – *Cape Verde*

Central African Republic – *Central African Republic*

Chad - *Chad*

Comoros - *Comoros*

Congo-Brazzaville – *Congo-Brazzaville*

Congo-Kinshasha – *Congo-Kinshasha*

Cote d'Ivoire – *Cote d'Ivoire*

Djibouti – *Djibouti*

Egypt – *Egypt*

Equatorial Guinea – *Equatorial Guinea*

Eritrea – *Eritrea*

Ethiopia – *Ethiopia*

Gabon – *Gabon*

Gambia – *Gambia*
Ghana – *Ghana*
Guinea – *Guinea*
Guinea-Bissau – *Guinea-Bissau*
Kenya – *Kenya*
Lesotho – *Lesotho*
Liberia – *Liberia*
Libya – *Libya*
Madagascar – *Madagascar*
Malawi – *Malawi*
Mali – *Malib*
Mauritania – *Mauritaniah*
Mauritius – *Mauritius*
Morocco – *Morocco*
Mozambique – *Mozambique*
Namibia – *Nambiah*
Niger – *Niger*
Nigeria – *Nigeria*
Rwanda – *Rwanda*
Senegal – *Senegal*
Seychelles – *Seychelles*
Sierra Leone – *Sierra Leone*
Somalia – *Somalia*
South Africa – *South Africa*
South Sudan – *South Sudan*
Sudan – *Sudan*
Swaziland – *Swaziland*
Sao Tome and Principe – *Saotome and Principe*
Tanzania – *Tanzania*
Togo – *Togo*
Tunisia – *Tunisia*
Uganda – *Uganda*
Western Sahara – *Western Sahara*
Zambia – *Zambia*
Zimbabwe – *Zimbabwe*

28.3 West African countries and capital

Benin (Porto-Novo) – *mboag'o Bininn (Porte-Novo)*
Burkina Faso (Ouagadougou) – *mboag'o Bokina Faso*
Cameroon (Yaounde) – *Cameroon (Yaounde)*
Cape Verde (Praia) – *Cape Verde (Praia)*
Cote d'Ivoire (Abidjan) – *Cote d'Ivoire (Abidjan)*
Gambia (Banjul) – *Gambia (Banjul)*
Ghana (Accra) – *Ghana (Accra)*
Guinea (Conakry) – *Guinea (Conakry)*
Guinea-Bissau (Bissau) – *Guinea-Bissau (Bissau)*
Liberia (Monrovia) – *Liberia (Monrovia)*
Mali (Bamako) – *Mali (Bamako)*
Mauritania (Nouakchott) – *Mauritania (Nouakchott)*
Niger (Niamey) – *Niger (Niamey)*
Nigeria (Abuja) – *mboag'o ndigabah; Nigeria (Abuja)*
Senegal (Dakar) – *Senegal (Dakar)*
Sierra Leone (Freetown) – *Sierra Leone (Freetown)*
Sao Tome and Principe (Sao Tome) – *Sao Tome and Principe (Sao Tome)*
Togo (Lome) – *Togo (Lome)*

28.4 Maghreb – *Mboag Marheb*

Algeria (Algiers) – *Algeria (Algiers)*
Morocco (Rabat) – *Morocco (Rabat)*
Tunisia (Tunis) – *Tunisha (Tunis)*
Mauritania (Nouakchott) – *Mauritanyia*

28.5 East African countries with Capitals – *beh mboag eshwinkeh bah lekia-mbiah*

Burundi (Bujumbura) – *Burundi (Bujumbura)*
Comoros (Moroni) – *Comoros (Moroni)*
Djibouti (Djibouti) – *Djibouti (Djibouti)*
Eritrea (Eritrea) – *Eritrea (Eritrea)*
Ethiopia (Addis Ababa) – *Ethiopia (Addis Ababa)*
Kenya (Nairobi) – *Kenya (Nairobi)*

Madagascar (Antanaria) – *Madagascar (Antanaria)*
 Mauritius (Port Louis) – *Mauritius (Port Louis)*
 Reunion (Saint-Denis) – *mboag mekoneh (Saint-Denis)*
 Rwanda (Kigali) – *Rwanda (Kigali)*
 Seychelles (Victoria) – *Seychelles (Victoria)*
 Somalia (Mogadishu) – *Somalia (Mogadishu)*
 South Sudan (Juba) - *South Sudan (Juba)*
 Tanzania (Dar es Salaam) – *Tanzania (Dar es Salaam)*
 Uganda (Kampala) – *Uganda (Kampala)*

28.6 South African Countries with their Capitals – *beh mboag eshwinkeh bah mbeng*

Angola (Luanda) – *Angolah (Luanda)*
 Botswana (Gaborone) – *Botswanah (Gaborone)*
 Lesotho (Maseru) – *Lesotho (Maseru)*
 Malawi (Lilongwe) – *Malawih (Lilongwe)*
 Mozambique (Maputo) – *Mozambik (Maputo)*
 Namibia (Windhoek) – *Namibiab (Windhoek)*
 South Africa (Pretoria) – *South Africa (Pretoria)*
 Swaziland (Mbabane) – *Swaziland (Mbabane)*
 Zambia (Lusaka) – *Zambiah (Lusaka)*
 Zimbabwe (Harare) – *Zimbabweh (Harare)*

28.7 North African Countries and their Capitals – *beh mboag eshwinkeh bah ekeuh*

Algeria (Algiers) – *Algeria (Algiers)*
 Egypt (Cairo) – *Egypt (Cairo)*
 Libya (Tripoli) – *Libya (Tripoli)*
 Morocco (Rabat) – *Morocco (Rabat)*
 Tunisia (Tunis) – *Tunisia (Tunis)*
 Western Sahara (Bir Lehlou) - *Western Sahara (Bir Lehlou)*

28.8 Central Africa Countries and Capitals - *beh mboags eshwinkeh bah tenteeh*

Angola (Luanda) – *Angola (Luanda)*

Burundi (Bujumbura) – *Burundi (Bujumbura)*

Cameroon (Yaounde) – *Camerloon (Yaounde)*

Central African Republic (Bangui) – *Central African Republic (Bangui)*

Chad (N'Djamena) – *Chad (N'Djamena)*

Congo-Brazzaville (Brazzaville) – *Congo-Brazzaville (Brazzaville)*

Congo-Kinshasha (Kinshasha) – *Congo-Kinshasha (Kinshasha)*

Equatorial Guinea (Malabo) – *Equatorial Guinea (Malabo)*

Gabon (Libreville) – *Gabon (Libreville)*

Rwanda (Kigali) – *Rwanda (Kigali)*

Sao Tome and Principe (Sao Tome) – *Sao Tome and Principe (Sao Tome)*

Chapter 29

English – Lekongho Vocabulary

A

abandon – *nzegeneh; nzshineh*

able (to be) – *koago* (e.g. She is able to carry it - *ah koago ngienteh*)

abortion – *nfhteh lebhn*

about – *mbobh-mbobh* (He likes to walk about – *ah kongkeh nfoakeh mbobh-mbooh*)

above – *zbigiminn*

abroad – *mbogo-ngieh; mbogo-beleg* (Western world)

absent (from the word *mbateh*, which means to be present) – *saa*

absent – *nkeunteh*

The teacher is absent – *ngikeh saa or ngikeh keunteh*.

The teacher was absent – *ngikeh saa zaa or gikeh za saa*

I will be absent tomorrow – *m'baka epok* (*m'baka* is used only with the future tense)

abstain from – *ntikeuh nyih*

abuse – *nzonte* (e.g. Do not throw abuse on the man – *bah zohb nzoago ma*, which directly translate as *do not abuse the man*)

accelerate – *mbuteh leshwinn; nketeh leshwinn*;

accelerator – *giah* (for driving); *ekieh nsbateh zshuun; giah* (for driving)

accent - *ndey*

accept – *nkwangkeh*

accompany – *shwiteh*

account (n) – *n'langaneh; akon*; (v) – *teh akon*

accountant – *n'lang-a nka*

across – *nyete; epehzaa; epezhi*

act (v) – *buh* (*abuh* – he/she acted)

He is acting foolish – *ah buh feh ngeur ndugu me galleh*

They are acting tough – *beh saa bangha; buh feh ngeur*

active – *azanghaneh (teh); aligiteh (teh)*

actor – *bah mezoag ekekeh*

acting – *metenk ekekeh*

add – *nkoakeh*

advance (v) – *nketeh beshugu*

administrative assistant/secretary/typist – *nkuteh-mumbiah*

afraid (to be) – *bangha*

African – *eshwinkesh-muh*

afternoon – *ndhgeh meuh*

again – *kapeh*

timeh (before verb, example, *timeh ohh lemeb* – wrap it again

kapeh (after verb, e.g. *lemeb kapeh*) – wrap it again

age – *esaa*

age-mate - *dieng*

ahead/in front - *beshugu*

agree – *kwankeh; mbateh nsbu'fok*

air/breeze - *lefwoh*

alike/same – *ndingnding*

alone

I/me alone - *mih mooh*

You alone - *woh mooh*

He/him alone - *moh mooh*

We/us alone – *feh seh; seh begong*

You alone – *feh nyeh; woh mooh*

They/ them alone - *feh bwoh; bwoh- ngong*

allow (let) – *zshii*

also/(too) - *kah*

I also – *mih kah*

you also – *woh kah*

we also – *seh kah*

they too – *bwoh kah*

he also – *menn kah*

you also – *nyeh kah*

always – *seuh segh; feh* (e.g. he always comes - *ah keh feh keh*; he

always comes - *ah pah feh pah*; – he always does it - *ah bu feh bu* –

Note the repetition of the verbe *pah*).

Amulet - *nzoag*

and – *bobb; leh*

father and son – *sang'a bobb mweb menn*

this and the other one – *ezshinn leh ezshüü*

In some cases, Lekongho dispenses with the and. For example:

I will come and take you there – *m'pah nke tu wob web*

announce – *lang'a; liih*

angry (to be) – *eshigileh*

annoy – *shigileh;*

I am annoy – *mih shigileh*

I annoyed him today – *m'bub menn shigileh shieh*

answer (v) – *kwankeh (v)*.

Even as a noun, we still use the verbe *kwenkeh* in Lekongho. For

example: he gave me the answer today – *ah kwankeh mih shieh*,
which literally means, he gave me an answer today.

anthill – *ndah-shwiib; ndah kekeh*

anxiety/anxious/panic – *ndhbndak* (e.g., He is anxious –
ndhbndak eh seu menn, which literally translates as Anxiety is
coming out of him).

anybody – *nzanza*

anything – *zeh-zeh*

anywhere – *alah-la*

apology – *songhoteh; medineh; zaga*

appear/appearance – *peuh-shi*

applaud – *digiteh mekia*

approve – *kwankeh*

architect – *mu-nkuteh egor-ndah; baah nteneh ndah;*

area – *(l)ebogo-nchib; epeh-nchib*

argue/argument – *nkoahneh-shu; alih mbuih menn; teleh-ma*

around – *ngaleh*

arrange – *nateh*

arrive/arrival – *mpateh; ngweneh*

arrow – *mbeh pib; lekong mbeh*

article – *zhou*

artificial – *teh bonghe; ngeuneh; buguh*

ash – *mpauh*

ashamed (to be) – *ndugu ndineh* (e.g. I am ashamed of his behavior
 – *ndugu meh dib mib leh ebuleh menn*, with *meh dib* being the
 conjugated form of *ndineh*)
 ask – *shiteh*
 assemble – *koangkeh*
 assure – *lekak*
 atmosphere – *nchi*
 attach – *nkokeh nleh*
 attempt (v) – *thleh*
 attend – *mbateh-weshi*
 author – *muh nnueh; nsang'a-nsang'a*
 authority/power – *nꞑooh*
 authorize – *teh nꞑooh*
 available – *ebelh; mbateh*
 avoid – *pikeh-nchenek lekheuh; bang'a*
 awake (to be) – *nshwaneh-shi*
 axe – *efuu*

B

babysitter – *nꞑe-mweh*
 bachelor – *nkeeh; nꞑago teh mbng'ah*
 backbite – *soang'obneh mbiteh; menang*
 backbiter – *eshwingkeh-nyi; muh nsoang'obneh mbiteh*
 backward – *mbiteh; mbimbi*
 bad – *ebikeh*
 bag – *mbhgah*
 baggage – *kaako; mbugah; mbugah lefoag*
 bail – *nfente ekieh*
 balcony – *echa'boag; flanda;*
 balsam plant – *mambaah*
 bamboo – *mfwob*
 bangle – *nꞑog lekiah; moh lekiah*
 bank – *ndaa-nka*
 banker – *nkongho nka*
 bankrupt (go) – *nkaa mia; fweh stock;*

bar – *ndaa-minn*

bark (*n*) – *mbih* (tree); *dugwah* (make a noise as an animal, i.e., dog, fox etc.)

kaa (*v*); *dugwah* – (emit a noise like a dog or animal)

of a tree – *ekogo zshigi*; *mbih zshigi*

barn – *etak*

barracks – *balik*;

nnugwa baah nkoh - police

nnugwa baa nkoh pih - military

nnugwa egehh baa 'kieh – warders/prison guards

barren – *nkeen*; *edong* (infertile man)

basket –

nsah - carried on back

edhng – carried on head or hand

mbunja – fishing net

ekela'ah – basket used for fishing

bathe –

gogoh nyih – (when action is done to oneself, e.g. *mih gogoh nyih* – I am bathing myself)

ngokeh – (when action is done to someone else, e.g. *mih gokeh nweh* – I am bathing the baby)

battery – *meliah nkak* (for torch/flash light); *emoang ndek* (generic)

battle/war – *pih*

beach – *nkegeh zshwak nkwah*

beads – *nzogoh*; *nzog*; *mesangala*

beast – *nya'kitech*

beat – *digi*; *shwah*

beautiful – *bong'oh*

bong'oh nyih - (for persons and animals)

bong'oh nchi - (e.g. the weather is beautiful – *nchi mbong'oh*)

because – *lebwoh meh*; *lebwozeh*; *lekaa meh*; (*nshwa menn lebwozeh a zonteh mbob* – I slapped/spanked him because he insulted my dad

before – *keteh*; *sakeh*

befriend – *buuh-leshuu*

beg – *zagah*

beggar – *nɛaga-ɛaga; nchigieh*
 begin (start) – *nshateh; bikeh*
 behaviour (attitude) – *ebuleh*
 behind – *mbi(teh)* (e.g. he stayed behind – *ah digi ɛeh mbi*)
 belch - *pyeleh*
 belief – *nkwankeh; nkwankeh le ndem*
 believe - *nkwankeh*
 belong - *mbateh*
 belongings – *biih*
 below – *ah nyih* (e.g. the book is below the bag – *ekateh beh ah nyi mbhgah*)
 belt – *nkieh; nkandaa*
 bend - *gnogholeh; gnogho shi* (ben over)
 beside – *mbanteh; lehnkeg; nkeg*
 best – *ebong'oh ngakeh*
 bet (v) – *digi lekiah*
 bet (n) – *ndigineh lekiah*
 between – *tehnateh*
 beware – *piikeh*
 bible – *ekateh ndem*
 bid farewell - *ɛagaleh*
big – *fang'a; nɛoag(o); embia*
 this table is big – *tebleh (n)yinn 'fang'a teh*
 this is a big table – *nɛoag'o tebleh leh beh meh*
 give me the big one – *baga mih embiah*
 pass me the big knife – *gakeh mih pangaleng 'bia* (notice the disappearance of the first two letters of the word *embia*)
bird – *menooh*
 owl - *esegeu*
 sun – *tetong; duguh*
 birth – *nshaneh* (she has given birth – *ah ma shaa*)
 birthday – *seuh-nshaneh*
 bite – *kogoleh*
 bitter – *seuh*
 black - *eshwinkeh*

blacksmith – *ebeulebah*

blame – *nlaganeh* (e.g. why are you casting the blame on me – *ohh laga mih maah zeh?* - Notice how we end up using the verb *laga* for the noun **blame**. This is very common in Lekongho where verbs take the places of nouns.). (Another example: I'm blaming you - *milagah woh*).

blanket – *chwih nyenteh nyi; eblanket*

blaze – *nzoago-nzoago meuh; nzoago meuh*

blend – *mbugeleh; mhnkeh*

blessing – *mbohleh*

blind – *teh geuh nchi*

block – *kangkeh (v)*

ndoh – *nda* (used for construction)

blow – *fwoh; tong-oh*

blunder – *mfemteh*

boast – *koh lekib; ngeunteh nyi*

boil – *bateh; soang*

bomb - *muh ngaghaneh; muh lefwoh;*

bone – *efeh*

bookstore - *ndah nshunteh bekateh*

border/boundary – *nzeeh*

born (to be) – *nshaneh*

borrow – *boteh (v); leborh (n)*

bother – *seng'ehneh*

bottle – *egwuuma* (*emoag*, when it contains something, as in *emoag'minn* – a bottle of wine)

bottom – *lebhen*

bound – *nzoh*

bow (v) – *ko ndugu* (*shi* can be added for emphasis)

bow and arrow – *meuh mbeh*

bowl – *kumbu; shineng*

box – *ekieleh (n); faa ekieleh teh (n)*

boy – *mwendeh nzoago*

brag – *geuh nyi*

braid – *song'oh ndugu*

brain – *bong*
 brake – *teneh* (as in stop); *bah keb* (don't go)
 brave – *letak; ndoang; teh bang*
 Brazilian – *muu Brazil; Samba*
 brazier (breast wear) – *ebekkeh; nkwang'a mbeeh* (Nkieh)
 bread – *ekokooh-ndek*
break – *bhghb*
lezsweteh nyi (resting time)
bhghb; peuh (v) – to break something
 breakfast – *esengab* [We have had breakfast – *Seh ma feuh esengab*]
 breast – *lebeeh* (s.); *mbeeh* (pl.) (give me a hug – *zenteh mih mbeeh*)
 breadth/odour/odor (n) – *eluh*
 breathe – *zshweneh*
 breeze – *ekbb*
 brethren – *babenyang*
 bride – *nweh mbng'a 'luk*
 bridegroom – *nweh nzoago 'luk*
 bridge – *lencyang*
 bright – *sang'a; geuleh* (it is bright outside – *nchi me geuleh 'boag*)
 bring – *mpateh leh* (e.g. bring it – *pah le moh* or *pah le zoh*)
 broken – *ka; puh* (e.g. the bottle is broken – *emoag mah puh*)
 broom – *eshweh; nsang*
brush (n) – *esoweh*;
 clean/wipe using a rag – *shwaga* (v) (e.g. please clean my shoes – *shwaga beboag bwob*; please brush my shoes – *song'o soh beboag bwob*)
 bucket – *mbaa medi; poket*
 build – *loang'o*
 builder – *nloangho-ndah*
 bully – *nshweneh dih; nkanteh; nshwankeh*
bunch – *ndugu* (as in - *ndugu lekendong* – a bunch of plantains)
ebakwah – (as in a bunch of kids – *ebakwah bandeeh*)
 bundle (package) – *dugu*
 burn – *shwankeh* (it is burnt – *eh ma shwang*)
 bury – *diib*
business – *metuhk; metuck* (as in work or occupation)

mah – (as in matter)

busy – *ebakwah maah*; *maah ntikeh mih* (I am very busy – *maa nteukeh mih ebakwah*); *ebakwah meteuk*

but – *bot*

burst – *ka*; *peuh*

button – *edih chwi*; *mboton*

by (as in *near*) – *nkege* (preceded by *leh*, e.g. by the stream – *leh nkege zshwag*)

by (how; means) – *ngang'a*. e.g. he came by himself – *ah pieh leh ngang'a men*)

bypass – *fwiteh*

C

cable – *nkob 'latrick*

cake – *ekokooh nleteh*

banana - *ekokooh nleteh etankeh*

charcoal – *mekagakeh*

cheese - *ekokooh nleteh milik*

chocolate - *ekokooh nleteh kaka*

strawberry - *ekokooh nleteh trobeli*

calabash – *mbaa*

round – *mbaa*

tall – *ntoag* (associated to wine, i.e., *ntoag minn*)

call – *kieh*

candy – *elate*

camera – *zshuh ekekeh*; *kamala*

cancel – *zshiih* (e.g. lets leave it alone - *seh zshiih maah ma*); *bwateh*

cane (v) – *digi*

cane (walking) - *ntong*

cap – *esek*

capital –

as in head quarters – *kapita*

as in money – *nka seuge*

as adjective – (e.g. that is a capital mistake – *nzoago-nzoago 'pampah leh beh neh*)

card –

greeting – *kat efogoleh*

playing – *mezogag*

sports (yellow, red) – *kat epampah*

report/transcript (academic) – *liport kat; ekateh nẓhigileh*

care - *leeh*

mbateh – careful (she is the one caring for the baby – *meh leh bate nveh*)

pikeh – be careful (*pikeh nfokeh mong* – be careful, literally watch your step)

gieh; begeleh - carry

maah - case

echeleh – (box/container)

esekeh – (adjudication; mediation)

cashier – *n'lang'a nka*

catarrh – *mfiventeh*

catch – *coub*

caterpillar – *ngengongho*

catholic – *cathro*

cause (something to happen) - *buh*

cave – *bedik; mbhegh; epoo ab ndigeh ndoh teh* – literally a hole under the ground.

cement – *ndoh ndek*

cemetery – *etig ndineh bah*

centre – *tenteh*

century – *esah nkoh*

certain - *mupeuh; bapeuh (pl.)* (e.g. A certain gentleman came to look for you – *mupeuh zeh pieh mfeteh woh*)

mpineh – (e.g. I am certain he ate the food - *mpi meh menn leh diih bih bah*)

challenge - *nfeteh maa*

change (v) – *mbi-nkah*

mpeunkeh; mbi-nkah (n) – (e.g. Can I please have my change – *song'o бага mih mpeunkeh zeh or mbi-nkah zeh*)

peunkeh (v) – (e.g. could you please change this money for me –
song’o peunkeh mib nka nyinn)
 charcoal – *mekag’a-meuh*
charge (v) – *chaseh*
chasse; shiteh – (as in negotiation over purchase cost)
couleh – (as in attaching someone in a brawl)
 cheat (v) – (n) - *nloteh; chiteh*
 check – *bateh; looh; chekeh*
 chest – *egang’abneh*
 chew – *kbeteh*
 chief – *nfol*
 child – *nweh*
 childish/childishness – *lebandeeh*
 childlessness – *teh mweh*
 childless woman/man – *nkeeh* (unisex)
 chin – *zhueh*
 chop (v) – *lenteh mpeuh-mpeuh*
 christmas – *ngateh*
 church – *ndah-ndem; ndah-mesoang(o)teh*
 cigar/cigarette – *zeubh; tabooh ndek; shika*
 circle – *leng’eh* (n); *galeh* (v)
circulate – *kateh*
gakeh – (as in circulating a memo)
galeh – (as in moving about/in a circle)
 circumsize – *zhiih mbhgah*
 citizen – *muu-mboak*
 city – *nnuga mbia*
 civilize - *gianeh* (e.g. civilize person – *muh gianeh*)
 civilization – *nketeh beshugu*
claim (n and v) –
 ownership - *ntoaneh*
 to know too much – *mpineh*
 to claim one’s property – *nden zhu; ntuteh; shiteh*
 clap (applaud) – *ndigiteh mekia*
 clay - *likeh ndoh; nnegeh*

clean (adj) – *sang'a (n); sangkeh (v)*

cleanliness – *esangkeh nchi; esanghakeh*

clever (adj) – *bong* (e.g., he is clever – *ah gong'o bong*, literally translated as he has intelligence)

climb – *kneh*

clock – *eggeh nchi; emoleh*

close

as to be near something/somebody – *banteh*

as in to close a pot, dish or other container – *beunteh*

as in to close a door or window – *pwob*

note: Lekongho makes a total distinction between closing a door or window versus closing a pot, dish or any other containers.

cloth (es) – *chwi*

coach – *ngikeh*

football – *gikeh (v); ngikeh etuh ndek*

basket ball – *ngikeh etuh deng*

volley ball – *ngikeh etuh lefoh*

handball – *ngikeh etuh mekiah*

lawn tennis – *ngikeh*

table tennis – *ngikeh etuh tableh*

golf – *ngikeh etuh epoh*

martial arts – *ngikeh leteh ezeuk*

restling – *ngikeh leteh nnogoleh*

water polo – *ngikeh etuh zshak*

rugby – *ngikeh etuh nnogoleh*

track /running – *ngikeh nshwine(n); nzhuteh*

coast – *mbheng; eleck; nkege zshwak*

coat – *kut*

cock

nzoago keuh (the bird)

beunteh (v)

cocoa – *kaka*

coffin – *ekyeleh senh; ekyele ndineh bah*

cold (adj) – *efbhgekeh; lefwob (n)*

cold store – *ndah 'feugekeh biib*

collapse

as a noun - *nfiveneb* (*n*)

as a verb - *digi nyi shi; fweh*

chest – *egang’ahneh*

comb

as a noun – *epaga*

as a verb - *paga ndugu; kumeb ndugu*

come - *pah*

come from – *figi; pieh*

coming (n) – *mpateh; ah pah*

complete/finish - *mateh*

comfortable

to be in a good state – *ebongkeh mecha; ebongkeh nchaneh*

to be in a comfortable lead in an election/polls – *ah beh beshugu
teh njigileh*

to be financially comfortable (e.g., he is financially comfortable
– *ah gong’o nka*)

command

as a noun – *nzoh*

as a verb - *teh nzoh; lang’a*

common - *mpweh mah; sah zshu peh*

competition - *njigileh*

complete – *mateh*

completely – *kwata-kwata; (zhu) nseugeh*

conceive

as in becoming pregnant – *ntuteh lebbn*

as in hatching an idea – *nsbateh; mwoteh*

concentrate – *fa ndugu*

concern – *looh* (e.g., it concerns me – *eh looh mi*)

condition – *kondishion; mbateh*

condole; console – *lemonteh*

condolence – *efeleh; lemoh seuh*

confuse – *fwineh; ngigilieh*

confusion – *sangteh; sang’ateh nchi; bwoteh nchi* (e.g., he is creating

confusion – *ah bwoteh nchi*)

congratulate – *digiteh mekia; fogoleh*

consider – *mwoteh*

consult – *shiteh; ngenteh ...seh* (e.g., I will see you later – *ngesh wob teh maah mah esah*).

contain – *ngonkeh*

content - *zebeuh mbuga teh*

continue - *kebehshugu; kegekeh; dukeh* (all refer to locomotion)

contradict – *mpeunkeh esoang'oneh*

contribute –

money - *mfenteuh nkaah*

generic (e.g., an idea) - *kokeh zshu*

contribution

financial sense – *nsbukeh nkaah*

as in giving something – *nteneh;*

as in giving an idea in a discussion - *nsoang'oneh*

convenient – *bong'o leh* (e.g., is the date convenient for you – *sib mbogo zhu bong'o le wob?*)

cook – *cheh nche-mpheu (n)*

for sources only – *zaa* (for example: she's preparing peanut/groundnut soup - *ah*

zaa nza mbeyang)

general cooking/boiling - *cheh* (e.g., I am cooking/boiling – *mih cheh mpeuh*). To be specific, state the items that are been prepared, i.e., I cooking plantain, cocoyam or cassava – *mih ncheh lekendong or bezhing or cassala*).

Frying or baking - *kang'a*

Grilling – *buneh*

Grill – *bune*

Cooperative - *kopleti*

copy (v) –

as in imitating - *mfenkeh*

as in cheating during a test/examination) - *nlonteh; nsangekeh*

copy (n) – In the general sense, “a copy” is not translated in Lekongho. For example, send me a copy of your book is – *luh mih ekateh zong*, which literally means send me your book.

corner

nkegeh - when referring to the position of somebody/something.

For example, it is standing at the corner of the road – *ah teneh leh nkegeh nshi*.

lenock – when referring to a house. For example, he is standing at the corner of a house – *ah teneh teh lenock-ndah*

Note: *leh* and *teh* can be substituted for each other as in the above examples. Also, the speaker can dispense of either, e.g., *ah tenen nkegeh nshi* meaning he is standing by the corner of the road.

corpse – *ndi (muh)*. The plural for *ndi (muh)* is *bedi (bah)* or *ndi-bah*.

cost

nshu'nka – as in, how much does it cost? – *eh beh nshu nkaa zah?*

koseh; kwah – referring to cost as a consequence, which, incidentally, could also be monetary. For instance, that decision will cost you a lot – *maah mah meh koseh woh ebakwah*
cost as in cost of living, e.g. the cost of living is high here - *nchaneh fah eh ligih nshu*.

count

as in numeration - *lan(g)a*

as in bearing a lot of weigh/ importance - e.g., his statement counts a lot - *eh esongoneh menn edih teh*

country – *mboak*

court (of law) – *ndaa'sekeh; ndaa'bwob*

cover – *bhnteh; nyeh* (as in covering oneself with a blanket/cloth)

coward – *mbang'a nchi*

cowries - *mbwob*

crab – *kembigi*

crawl - *nkonghoneh*

crazy – *ndugu'mbwob; ndugu ngaleh* (You are crazy? – *ndugu'mbwob woh teh* or: *ndugu meh galeh woh teh* – note how the second example has the added word *meh*).

create – *buuh; nateh*

crime – *ebikeh maah*

criminal – *ngwah; emengu-lebezech* (referring to a serious crime)

cripple (n) – *kwang-a lekheu*

crocodile – *lemak*; *mbitesah nzoak*
 crooked – *eleng'ekeh*
 crowd – *munyong*
 cruel – *eshwinkeh ndeuge*; *bwob mah* (as in he is cruel - *ah bwob mah*)
 cry – *nsbineh (n)*; *sbih (v)*
 cunning – *lekuu*
 cup - *ndong*
curse (n) –
nzeb; *ebeeb* (as in casting a spell)
zonteb (as in insult)
 curve - *eleng'ekeh*
 cut – *kwob*; *leur*
 cutlass – *pia*

D

dance – *saga'zshuu (n)* - *esakeh*
 damage (v) – ; (n) - *bwoteh*
 damaged – *mbwoteh*; (e.g., he damaged my shoes – *ah bwoteh zaa beboak zeh*)
 damp – *eh fegeh*; *midih mbeteh*
 dance (v) - *esakeh* - (n) - *nsakeh*; *sagazhou*
 danger – *ebéh*;
 dangerous - *zhenteh*; *ebongho ka teh*; *ebankeh nyih*
 dark – *eshwinkeh-nchi*
 date (day) – *seuh'mboak*
 daytime – *ndhgeh-mwih*
 dead – *tseuh* ; *kwah*
 deaf – *teh goago-nchi*
 dear (friend) – *ebongkeh-nshu*
 death – *tseuh*
 debt – *ethn (ebehh)*
 debtor – *muh 'tinn*
 decay – *bhgeh*
 deep – *nzaneh-shi*; *ezah-shi (its deep)*; *maghaneh-muh* (cover one, i.e. deep river)

defeat – *ah dih*
 defend – *gweb* (resist an attack made on someone or something;
 protect from harm or danger)
 defendant – *muh meh beh shun eh; defendant* (an individual, company
 or institution sued or accused in a court of law).
 delay – *meseteh*
 delighted – *lekongkeh-nyih*
 deliver – *nshianeh* (birth); *nteneh dugub* (deliver a parcel)
 dense – *edih ebigi; ebakwah*
 deny – *zbigileh; kangkeh*
 deposit (v) – ; (n) – *nkongboneh; nfateh*
 describe – *kiah maah*
 descend – *gogbo shi; gogbo njuuh* (hill or slope)
 desert (v) – ; (n) – *egonkeh ndoh nyaghab*
 desire (v) – ; (n) – *nkongkeh*
 destroy – *bwuoteh*
 destruction – *mbuoteh*
 develop – *mbuteh; nkianeh; buh*
 devil (ghost) – *emoh; ndhgeh*
 die – *kwah*
 different – *esa'ah-nding; ewang'a keh*
 difficult – *ligi; nditeh* (too heavy)
 dig – *seghe*
 digger – *edikeh esoh*
 direct – *ndingding; nding* (straight)
 direction – *ngiteh; nshih*
 dirty – *elang; dorti*
 disadvantage – *abeugeh* (he/she's losing); (unlucky – *epwob*; lucky
 – *deeh*)
 disagree – *ndineh; nkwankeka; nzbigileh*
 disappear – *(n)yong-o-shih*
 discussion – *esoang-obneh*
 disgrace (n) – *edikeh-ndugu*
 dish (n) – *shyeng*; (v) *faa*
 dismiss – *nfuteh; nkianeh*

disorder – *sangteh; mfemteh*
 dispute – *nkootang*
 distance – *ekēh* (*efeh ekēh* – what a distance!)
 distribute – *kateh*
 disturb – *segheneh*
 disturbance – *esengheneh*
 divide - *kateh*
 divorce (v) *mbuoteh eluk* (n) *eluk emiah* do – *buu*
 down – *shih; ashih*
 doctor – *muh-shalebugu*
 documents - *bekateh*
 door – *nshunda*
 draft (v) – ; (n) – *sang*
drain – *baah*
 drain from a container or pot – *baah medih;*
 water passage - *mpogoleh*
 draw – *tseu; tseuleh*
 dream (n) – *nʒee-nduguh*
 dress (v) – *ki-chwi;* (n) - *chwi*
 drink – *nugwa*
 drop – *kwah*
 drum (v) – *nteg; guuh nteg* (play the drum)
 drunk – *minn kuuh-menn*
 drunkard – *nnugwa-nnugwa*
 dry – *egoangkeh* (dry maize – *egoangkeh nchwi*)
 dull – *ebikeh-duguh*
 dung - *mmigi-mbuh; nyak*
 dust – (v) - ; (n) – *nfung*
 dye - (v) - ; (n) – *shwii* (camp wood)

E

each – *nʒan-ʒbah*
 early – *mpuaneh; ah puah* (he/she left early)
 earn – *nsok*
 earring – *mooh'letsen*

earthquake – *ndoh-nyingkeh*
 east – *epeeh diih duguh*
 easy – *eshekeh; mpueh-mpueh*
 eat – *dhga; dianeh*
 echo – *ndoleh*
 eclipse – *eshwih-emmiih*
 edge (v) - ; (n) – *nkehege*
 effort – *fah ndege; elikeh-nyih*
 egg – *lekikueh; mekikueh (pl.)*
 elastic – *etsenleh; ntseuleh (n)*
 elder – *muntehr; nkhn 'boak*
 elect – *diteh teh eboang; nseneh*
 electricity – *nkag-a ndek*
 elephant – *nzoag*
 elephant tusks – *lesoang nzoag; tonzoag*
 elevator – *mekok-ndek*
 embarrass – *edikeh; teh edikeh ndugu* (embarrass him)
 embarrassment – *edikeh ndugu*
 embezzle – *nzhih*
 embrace (v) – *zhenteh'mbeeh*
 emerge – *dinteh-nduguh*
 emergency – *lenshinn* (hurry)
 employee – *mveh metuik*
 empty – *zupeh-saah*
 enemy – *mumbuh*
 end – (v) – *mateh; (n)*
 engage – *ntenen-lekiah leh nzub; mbate-teh*
 engagement – *nkokeh ndah*
 English – *elek*
 Englishman – *ndek elek; muh lek*
 enjoy – *lekongkeh nyih; ebongho-neh* (love)
 enlarge – *kokeh*
 enough – *kogo* (It is enough – *eh maa kogo*)
 enter – *sengoh*
 entice – *loteh; loteh menn* (entice him/her)

envelope – *anvilop* ; *mbhga'nlunteh kateh*
 equipment – *bi-metuk*; *ekiele bi metuk* (tool kit)
 erosion – *mengheu*
 errand – *ndugu metuik*
 night club – *egi-ndi*
 error - *epampa*
 escape – *bwob*
 escort – *dikeh*
 etiquette – *ebuleh*
 Europe – *mboago'beleke*
 European – *ndek*
 everybody – *nzanzah*
 everyone – *muh-nsigeh*
 everything – *zshuuseugeh*
 everywhere – *mboob-mboh*; *etigi-seugeh*
 evict – *nfuteh*
 evil – *ndegeh*; *ebikeh ndegeh* (*wicked*)
 exaggerate – *fhkeh maa*; *mbateh leh mpuu maa*; (You exaggerate! –
 oh beh leh mpuu maa)
 example – *elente*
 except – *daso*; *feh*
 exchange – *phnkeh*
 exclaim – *nduguaneh* (scream; shout)
 excursion – *lefog munyong*
 excuse – (v) – ; (n) – *chuseh*
 expect – *sente*
 expectation - *nsente*
 explain – *kiateh* (Explain it to him – *lan(g)a menn* or *kiateh leh menn*)
 express – *nlenga'neh*
 extra – *kokeh engieh*
 eyeglasses – *mekwang mih*

F

face (n) – *besbugu*
 factor – *ebuoh*

factory – *ebuoh* (palm oil processing – *ebuoh mpib*); *egang*
 fade – *epunkeh*; *epunkeh-nyih*
 fall – *fweh* (*shih*)
 false / falsehood – *ndan(g)a*
 fan – (v) - ; (n) – *ekieh lefuoh*
 far – *ekhebzakeh* (it is far – *eh zaa (e)keh*). Notice how *ekhebzakeh*
 has been switched around, and split into *ekhe* and *zaa*!
 farmer – *muh-tehb*
 fashion – *ebouleh*
 fashionable – *egeuh nyih*
 fat – *nfankeh*
 follow up - *nshwiteh mahb*; *nsbiteh mahb*
 favour – *mekuteh*
 feaces – *mmigih*
 fear (n) – *lebang*; (v) – *bang'a nchi* (We are afraid – *Seh bang-a nchi*)
 feast – *salaka*
 feather – *mpah* (wings. *etog* (pl. *betog*)
 feed – *diteh* (v) *nditeh* (n)
 feel – *gokeh nyih*; (I feel funny - *nyih-zeh-beh-ewanghapeh*)
 ferment – *kak* (v) *nkakeh* (n)
 fight – *leteuh*
 file (n) – *lezeh* (sharpener)
 file (v) – *mbegah nseunn*
 fill – *lunteh*
 final – *lashi*; *ndinteh*; *emial*
 find / seek - *feh*
 fine – *bong'o yih*; (It is fine – *eh bong-oh*)
 finger – *sekia*
 finish – *mateh*
 fireplace – *tshi-muh*
 firewood – *leeb*
 fish – *shwiib*
 first born – *muebekwe*
 fit – *ecogo*
 fix – *nateh*

flag (v) – ; (n) – *chwih nzoh mbock*

flee – *bwob*

flesh – *nnih*

flood – *zwaga-louh*

floor – *shi'nda*

flight – *menorh-duuh*

flog – *theun*

flood – *zhak-eluh*

flour – *nfhen ekoko ndeck*

General – *nfhen*

Bread – *nfhen ekokoh*

white garri – *epukeh-nfhen-nfhen*

red garri – *etangkeh-nfhen-nfhen*

flow – *gogoh*

flower – *flowa; mwang*

fly (v) – *phneh*

fold – *ngbokeh*

follow – *shwiteh*

food – *biib'ndhganeh; lediane*

fool – *eleneh (n); bugu (v)* (He fools people – *Ah bugu bah*)

fool about – *mfemteh*

foolish – *mbuoneh ndugu; ebikeh-ndugu*

foot – *lekbh*

football – *etuu'ndek*

footpath – *nshi-mekbh; lekbh-nshi*

for – *leh*

forbid – *kangkeh*

force – *elikeh-nyi*

forefathers – *melem*

foreigner – *nkeh-muh*

forest – *mpinn*

forget – *zateh*

forgive – *saah menn (forgive him/her);*

fowl – *lebh*

fracture – *lebuhk*

fragile - *eshieteh*; *zaghaneh* (*light*)
 free - *zhib*
 French (language) - *leflanshi*
 frequently - *bub febub* (*v*); *mbuneh-febub* (*n*)
yawn - *ngieteh*
fresh - *efheugekeh*
 cold - *efheugekeh*
 fridge - *ekieh* (*e*)*fhbgehkeh biib*
 fried - *kagha*
 friend - *nshu*
 friendship - *leshuu*; *ebong'ohneh*
 frighten - *bangkeh*
 fridge - *ndah fegehkeh*
 front - *beshugu*
 frozen - *efheugekeh*
 fry - *kang-a*
 fuel (*n*) - *medih-etsen*
 full - *luub*
 fumble - *nfemteh*
 funnel - *esong* (like raincoat)
 funeral - *seuh*
 funny - *esagah*
 further - *beshugub*
 fur - *nyong-ob nyah*
 several - *nkah leh nkah*
 future - *beshugub*
 distance - *ekch*; *ezah*

G

gain - *eebeh*
 gallon - *mbub* (e.g. a gallon or calabash of oil - *mbub-mekenh*)
 gamble - (*v*) - ; (*n*) - *mbuoh* (*beh digih mbuoh* - they are gambling);
njambu
 game - *mezogag*
 garage - *ndaah-tsen*; *etik nmateh etsen*

garbage – *dotti; ntuh*
 garden – *teuh nkege nda; nneh teuh*
 gate – *ekieh*
 gather – *nnokeh; koangkeh*
 gaze – *taaneh*
 generous – *ebongkeh ndege*
 gentleman – *elong-ob*
 get – *gong-ob*
 get angry – *shigileh*
 get away – *shuah*
 get out – *seuh*
 get rid of – *fheu; pinn*
 ghost – *emoh; eshilack*
 human (living people) – *elohmuh*
 gift – *efeleh*
 gin – *ghin*
 girl – *ngoh mbng'ah; mneh mbng'ah*
 give – *teuh (v); nteuhneh (n)*
 give birth – *sha; asangha*
 gizzard – *epih'lefohh*
 girlfriend – *nshu mbng'ah* (my girlfriend - *nshu gu mbng'ah*); *nneh
 zshuu;*
 glad – *lekack; lekongkeh-nyi*
 glass – *glashi*
 glow – *geleh (v) eh geleh* (its shinny)
 glue – *leleh; eleleteh*
 glutton – *ndiane; Diane ebakwah*
 go – *keheh*
 god – *ndem*
 gong – *(v)ang*
 good – *ebonkeh*
 goodbye – *awo-o*
 gossip – *nsoang-oneh-mbiteh* (She gossips a lot – *Aah soang-obneh-
 mbiteh ebakwa*)
 gourd – *ntock*

govern – *ngwaneh-munyong*
 gown – *tchwiib mbia*
 parrot – *cog*
 grab – *teukeh*
 grandfather – *mbob mbiah; sangha-mbiah; Papa-Mbiah*
 grandmother – *nyangha mbiah; mami-mbiah; ohweh -Mbiah*
 gradual(ly) – *ndabndab*
 grate – *khog*
 grateful – *lekongkeh-nyi* (We are grateful – *Seh beh lekongkeh-nyi*)
 graveyard (cemetery) – *etik ndineh bab*
 graze – *ndegane-ebuguh*
 grease – *mekeuh nzokeh-ekieh*
 greatness – *befang*
 greed – *nligineh-lekiah*
 green – *ebugukeh*
 greet – *fogoleh; liteh*
 greeting – *efogoleh*
 grind – *kogoh*
 grip – *tsekeh*
 groan – *sweh (v); nsweneh (n); ping*
 ground (soil) – *ndoh*
 group – *munyong*
 grow – *fhang; coag*
 grumble – *nshinghineh*
guard – *leh*
 body guard – *nleh muh*
 night or day guard – *mbaleh nchih*
 guard it for me – *leh le meh*
 guava – *ngwaba*
 guess – *moteh*
 guest – *nkehmuh*
 guide – *giteh*
 gun – *mbbh-mphteh*
 gutter – *mpogoleh; epobh'mbia* (large hole)

H

habit – *ebuleh*

half (fraction, piece, portion) – *epeh; eleur*

halt – *teneh; bakeh*

hailstones – *meliah mbigi*

hammer – *hamah*

hand – *lekia*

handicraft – *elo-ob*

handsome – *bong-ob-nyi [teb]* [He is handsome – *Ab bong-ob-nyi teb*]

hang – *kieh; ting-ih; kwang-abneh*

hanger – *ekieh chwi*

happen – *gaga shi* (What is happening? – *zeh gaga shi?*)

happy (to be) – *konkeh nyih*

happiness – *lekongkeh nyih*

harass – *beehneh*

hard – *elikeh*

hardluck – *epwob*

hardship – *nchib ligih; zhusa'ab; elikeh nchib*

harlot – *nfoago-fogo*

harm – *zenteh (v); nzenteh (n)*

harmful – *nzenteh; ebaleh; beshi ndegeuh*

harmless – *ezenteh-kah; ebaleh-kah; tebeshi ndegeuh*

harmony – *ebongkeh-nchaneh* (opposite – *ebikeh mechah*)

hate (v) – *baah*

hatch – *nkekeh* (lying on the eggs – *mbongoneh*)

hatred – *baaneh; mbaaneh; ebikeh ndege*

have – *gong-ob* (We have much money – *seh gong-ob ebakwa nka*)

head – *ndugu*

headscarf – *egieh-ndugu; nyangashi*

headstrong – *elikeh-ndugu*

heap – *lebbheng*

hear – *gogo*

hearsay – *n'ngogo*

heat (v) – *bateh; (n) – eshwakeh-nchi*

heavy – *dih; ehdiuh* (its heavy)

hello – *eyo-o* (up arrow among peers, downwards to someone junior)
 helmet – *eseck lekbandong*
 help – *kuteb (v); nkuteb (n)*
 here – *(a)shifa*
 hide – *shugwoteb*
 high – *ẓhigiminn*
 hill – *njub*
 hilly – *nẓhub (pl. mezhub)*
 himself (by) – *leh ngang-a menn*
 hit – *kob; digih* (beat/hit)
 hoe (*n*) – *eso(h)o*
 hold – *thkeb; (g)waa*
 hold on – *ẓshiteb wa*
 hole – *epohb*
 Holy Ghost – *Nsob Sang-ahneb*
 home – *nnugwa*
 honest – *nding-nding; esangbakeb-ndege*
 honey – *beẓhugu*
 hook – *lesak shwih*
 horn (*n*) – *ndong*
 hostile – *lehki*
 hour – *nchi*
 house – *ndah*
 hug (embrace) – *zenteb*
 huge – *nẓogo-nẓok; embiah*
 humiliate – *edikeb ndugu*
 hunger – *nshab*
 hunt – *esongho*
 hunter – *mu-songob*
 hurry – *digileb; mbute-lenshwin* (Let's hurry – *Seh buh lenshwin*)
 hurt – *eẓheb; ẓbenteb; (hurt him/her - ẓbenteb-menn); (he/she hurt-
 ab gongh'o eẓheb)*

I

I – *mih*

identical (same) – *ndingnding*

idea – *memoteh*

idiot – *eleehneh*

idleness – *ngwineh shih*

idle – *gwih shih*

if – *ka*

imitate – *fhukeh*; (he/she's imitating me - *a fhukeh mih*)

imprison – *ekieh*; (put him in jail - *fua menn ekieh-teh*)

indigene – *muuh-mboak*; *baah mboak* (pl); *mueh mboak* (sing.)

inform – *liih*; *langh'a*; (tell him/her – *liil-nkheh*)

infront - *bezheugu*

inject – *songh*; *song'o* (e.g. inject someone – *song'o lesak*)

injure – *ezeeh*

injustice – *ebikeh-esekeh*

in-law - *nkhib* (*sangba/sang'a-nkhib* – father-in-law);

(*nyangba/nyang'a-nkhib*)

innocent – *apikah*

insane – *ndugu'ngaleh*

insect – *mekenh-ntwigih*

insert – *fah* (v); *nfateh* (n)

inside (interior) – *ndhgehteh*

inspect – *lorh*; *tchekeh* (borrowed from English); *zhenteh*

install – *diteh*; (install him- *diteh teh eboang*); *zhing*; *zhinghi*

instead of – *ka digi*

instruct – *langba*; (instruct him/her - *langba-menn*)

insult – *zooh*

intelligent - *boang*

intend - *fhbeh* (v); *nfheteh* (v); (I intend to study - *mih-fhbeh keteh ekateh*)

intercourse (sexual) – *mehnang-abneh*

interfere – *lente* (v); *nlente* (n)

internal – *maah-ndah*; (internal family affairs - *esonghoneh nyih-ndah*)

interpret – *giateh*; *giateh le-lek* (interpret in English – *giteh leh lek*)

interrupt – *biang'a*; *biagateh*

intervene – *seugh'o; kouteb; phenteb/fhenteb* (separate like in fighting)
 intestines – *mieb* (human – *nsoang*)
 intimidate – *mbankeh*
 introduce – *langh'a; dinteb*
 invasion – *segh'o-le'moang; pogob*
 invent – *bub; nateh*
invest – *fah nkah; nkoaghoneh*
 business – *fah nka teh*
 school – *fah ndugu teh ekateh*
 investigate – *fbeteh*
 invisible – *nyong'ob shib*
 invite – *kieb*; (e.g., invite him for dinner – *kieb menn ah teh ndianeh*)
 iron – (n) – *banyang*; (v) – *shingbib*
 irritate – *nshigileh*
 isolate – *momoh* (alone) – *zhi-momoh* (isolate him/her)
 issue – *mah*
 itch – *nhkineh; ehkib* (its itchy)
 item – *bib*

I

jacket – *buba; nkwah lefvoh*
 jail – *ndakieb*
 jaw – *ekeg* (sing); *bekeg-eh* (pl.).
 jealous/jealousy/jealously – *besbib*
 jerk - *teughneh*
 jiggers (chigoe flea) – *nyangileng*
 job – *methk*
join
 body – *legongh'o*
 meeting – *seugob (mekoneh); jobneh* (borrowed from English);
 joke (n) – *esaga*
 journalist – *nlib-nkeh*
 joy – *lekongkeh-nyih*
judge – *sekeh* (v); (e.g. judge/adjudicate the case - *sekeh mah*)

The judge – *mumbia esekeh*

Judgement/case – *esekeh*

juju/masquerade – *ekuuh*

jump – *nyeuh; seuneh*

junction – *tahmaah*

jungle – *mpinn*

junior – *ndigibih; muh seh*

junior officer – *muh seh metuik-gu*

follower – *ndigibih*

justice – *ndunteh*

justice (n) – *ndunteh* (truth, justice, peace, respect and fairness)

justice – *muh nzekeh mah/maa* (like judge or magistrate). *Mah* and *maa* are used interchangeably

K

keep – *kong-ob*

kernels – *mbang*

key – *echih* (followed by the object the key is used for, e.g. *echi-ndah* - house key)

kick – *kbikeh* (adopted from English); *swah or digib leh lekeh*

kidnap – *tuh leh mber; ntuteh* (to kidnap)

kill – *keh*

kin – *nyindah*

kind – *ewang-a* (I like that kind of dress – *Nkongkeh ewang-a tchwi zhib*); *etooh*

kiss – *yang-a-nshu*

kitchen – *ndah-ncheneh-mpeuh; kitchinn*

kite – *kumakangha*

knee – *doang*

kneel – *kineh*; (e.g. kneel down – *kineh shih*)

knife – *pang-ableng*

knit – *pang*

knitting – *mpangkeh*

know – *pib*

knock – *kokeh; digib*

knock down – *koḥ shih*
knock door – *koḳeh nshundab; digih nshundab*
knot – *ghieh*; (e.g. knot it with a rope – *ghieh leh nkoh*)
know – *pih*
knowing – *mpineb*
kolanut – *lebiib*
bitter – *nyah*
monkey – *esebong*

L

labourer – *lebbla; muh metuik*
lack – *mboang; teh-gong*
ladle – *tok nṣah*
ladder – *mekok*
lake – *eting*; (*large lake* – *eting mbia*)
lame – *kwangh'a*
lamp – *nkak*
landslide – *mungbebb*
language – *ndeeb*
last – *ndinteh*
laugh – *kwoh*
law – *ebwoh*
lawyer – *muuh'bwoh*
lay – *nangkeh*; (e.g. lay it here- *nangkeh-faa*)
lazy – *ntseuh*
lead – *besuguh*
leaf – *shah*
leak – *fhigi*
leap – *nyeh*
learn – *gigih*
leave – *shuah*
left / left hand / leftward – *lekia mwah*
leftover – *mbhgh*
lend – *boteh*; (e.g., lend/borrow me some money – *boteh-mih nkah*)
leper – *muh nsak*

leprosy – *nsak*
letter – *ekateb* (literally *ekateb* also means a book)
levy – *feh*; (e.g., *levy him a sum of money* – *feh menn-nkah*)
liar – *muh-ndangba*
lice – *tsub*
lie – *ndangba; nloteb*
lie down – *nmanghaneb shih*
lick – *(n)yang-a*
life – *mbateb*
limp – *nkweleh*
link – *gong'o (v); ngong'oneb (n)*
listen – *ghoak (v); ngboakeb (n)*
load – *zhu-ngienteb*
loaf – *epub*
loan – *boteb (v); leboh (n)*
lock – *pwob; lokeb* (adopted from English)
loin – *lapa; sanja*
look (after/at) – *zeurnteb*
loose /loosened (adj) – *gia (Chwi zeh ma gia* – My dress is loose)
loosen – *kiah*
loot – *ezhib*
lose – *bhgeb; (e.g., My dress is lost / I have lost my dress* – *chwi zeh ma bhgeb).*
loss – *ebugeb; mbugeneb*
loud – *nsonghoneb nditeb*
love (n) – *ebonghoneb; kongkeb (v)*
low – *ashih*
luck – *deeb*
good luck – *deeb*
bad luck – *epwob*
lump – *mbeck*
lunatic – *eleneb*
luxury – *ebongkeb bib*

M

machine – *mashing* (adopted from English); *ekieh*
mad – *eboah*
madam – *madam* (adapted from English); *mengba-muh*
maggot – *ekhib* (*sing*); *bekhib* (*pl.*).
palm maggot – *ekeunyeng*
magic – *ngang*
magician – *muh ngang*
maintain – *kongho* (keep)
house/house – *ngwaneh*
article – *nkonghoneh*
make – *buuh*
make sure/ascertain – *geer wo'oh*
male – *nzoago*
manage – *pweleteh*; *managsheb* (adopted from English)
manager – *muh-biah metuik*; *ndugu-mbiah*
mango – *manguleh* (adopted from English)
many – *ebakwah*
March - *ngoh lagah*; *ngoh lepheteh ndoh*
Mascarade/masquerade – *ekuh*
marriage – *elhek*
market – *esegeh*
mat – *mbugah legock*
roofing (house) – *mezoooh*
match – *foag* (e.g. match like a soldier – *foag ngeh muh pih*)
matter – *maa*
mattress - *ebuguh-legock*
maybe – *kapeh*; *digi*
mayor – *mumbia tong*
me – *mih*
mean – *muoteh*
means – *nshih*
meaning – *mineh* (adopted from English); *memuoteh*
measure – *fhkeh*
meat – *nyaa*

meet – *taneb; kweteh*
 mercy – *meduneh*
 merge – *gongb'o*
 mess – *ezhenkeh etig*
 message – *nkeh*
 middle (in the middle) – *tenteeb*
 midnight – *tenteeb-nkeh*
 mild – *eshekeh ndegue*
 millipede – *ngbngong-ob*
 mirror – *egeur'nyih; egeur beshugu*
 mise – *fwileh;*
 messenger – *mashinjah* (adopted from English) ; *nlih-nkeh*
 monopolize (hoard) – *kankeh; kanghaneh*
 month – *ngoh*
 mortar – *eboag; nkaleh*
 mortuary – *ndaa beh dihbah*
 mosquito – *ekieh*
 mud – *etaarh*
 mucus/mucous – *ekolock* (phylem)
 myself – *nyih zeh*

N

nap / siesta – *bezegoh-meuib*
nail – *mbheu*
 finger – *nyeh*
 near (beside) – *banteh*
 needle – *lesak*
 neighbour – *mbanteh*
 new – *enyoh*
 nod (v) – *kwankeh leh-ndugu*
 north – *ekhh*
 notice – *ngenteh* (v); *notishi* (n) (adopted from English)
 now – *lekadinn*

O

oath – *nkuuh*; (take an oath – *ah tuuh nkuuh*)

ocean – *ʒwaga'mbia*; *saulowater* (adopted from English)

odor (bad) – *nʒenn*; *eh nʒenn* (It has an odor)

office – *etigi-metuik*; *ndah metuik*; *offisbi* (adopted in English)

officer – *muh nkwal* (generic term for police, gendarme, or anyone in government uniform, e.g. a police is *polishi* or *eshinkeh eseck*; while a soldier is *ngub pih*; a gendarme is *etangkeh eseck*)

old – *nʒbh*

on (as preposition) – *teh* (comes after the noun)

on behalf of – *ah teh diih*

on top (of) – *ʒshigiminn*

only – *fheb* (only me – *fheb mih*; only him – *fheb menn*)

open – *fghbh* (v); *nthgeb* (adj)

fling open – *gang-a nthge*

leave open – *tchib nthge*

ordain – *diteh*; *ʒoag*; (e.g., He was ordained – *beh ʒoag'oh ʒa menn*)

order (v) – *nʒoh*

ordinary – *manpuetack*; (could also mean - *small*)

overseas – *mbi-medih*

owe – *gwaa*; *etinn* (dept)

P

palace – *memete*

palaver – *maa*

palm – *lenak*

palm bird - *ngagah*

palm oil – *mekbbh-mbok*

palm raw oil – *nʒongho*

palm raw oil chaff – *bieh*

palm oil processing plant/factory – *ebuoh mpib*

palm factory ditch – *ebee liab mpib* (where the palm nuts are being smashed on foot)

palm factory stone floor – *egang mpib*

palm bunch chaff – *bekangha*
 palm kernel – *mbang*
 palm kernel oil – *eshwih*
 palm nuts washing stone slap – *liab mpib*
 palm nuts (boiled) pounding stick/pistle – *ntong mpib* (sing.);
 metong mpib (pl.).
 palm kernel shell – *bekogo mbang*
 palm wine – *minn lenak*
 palm wine factory/processing plant – *ebuoh menak*
 palm tree – *mpib*
 palm nut – *mpib*
 reservoir for trapping and holding water in the factory – *mpoh*
 past – *ngag'ah*
 pay attention – *gogh'o nchi; gogh'a ebongkeh*
 peel – *gu; ekogho; bekogho* (pl.)
 stick used to extract escaped palm nuts during pounding –
 etonkebang
 corn – *gogoteh nchwih*
 plant – *guu*
 planting – *leguu*
 plantation – *pweh*
 cocoyam and other tubers – *gwel*
 beans (blackeye) – *taleh; khab*
 beans (pinto) – *khab*
 people – *muh'nyong; bah*
pepper – *teshuu*
 bush pepper – *shwah*
 perfume – *labinda; mekheuh eluh*
 pestle – *ezhiguh'baa* (*nkaleh* or *nkaleh ebaah* – mortar)
 petrol – *medih-etseu*
 phlegm – *ekolock* (mucus)
photo (copy) (v) – *ekekeh*
 machine – *ekieh ekekeh*
 picture – *ekekeh*

pinch – *sogbo* (pinch him – *sogbo menn*); (she pinched me – *ah sogbo mib*)

pipe (smooking) – *mpheu tabobh* (for smoking)

water – *nkang midih*

pity (v) – *sameh*; *medineh*

place – *mbobh*; *etik*

plaintiff – *muh-maab*

planet – *ndoh*

mercury – *mekbolih*

venus – *venoshih*

earth – *ndoh*

mars – *marshih*

Jupiter – *nzhupita*

Saturn – *shatuhn*

Uranus – *ulanus*

Neptune – *nethong*

placenta – *essaah*

plate – *esanghakeh shoang*; *shoang*

please (v) – *soang-o-soang-o*

please (a favour) – *soang-o-soang-o*

plenty – *ebakwaa*

pluck – *zehh*

pocket – *posah*

pants/trousers – *posah mpumekeh*; *trossah* (adopted from English)

shirt – *posah nkaw*

purse – *posah nkah*; *posah mbugah*

poisonous – *ekenh-muh* / *biuh* (sing); *ekenh-bah* (pl.)

police – *eshuinkeh-nkaw* or *eseck*

pollen – *nfhgn migih*

pool – *ethinn*

postpone – *seungieh*; *nangkeh seungieh*; *nkagaleh*; *peunkeh*

pot – *mpenh*

potter – *ebambé*

pound (v) – *chi*

pound (British) – *pong*; *nkaa-'nglishih*

powder – *nfɒŋg-(n)yih*
 prayer – *mesoang'o-teh*
 prepare – *nateh*
 price – *nsbu-nkab*
 pride – *kwenteh nyih; gerrneh*
 priest – *muh-ndem; fada*
 priority – *ntekeh*
 prisoner – *muh-ekieh*
 private – *nshinn*
 private room – *lechab; ndab nshinn*
 problem – *maab; lekih*
 progress / prosperity – *keh beshuguh*
 promise (v) – *lekag*
 proof – *elenteh*
 prostitute – *ekɸwalla; nfogo-nfogo*
 prove – *elenteh*; (e.g., show proof of - *dinteh elenteh*)
 public – *mab-ngongho*
 pump (v) – *pume*
 pure – *nsanghaneh – esanghakeh ndegeh*
 put – *nankeh* (put down – *nankeh shih*)

Q

Quarrel – *kooh shub*
 Quarrelsome – *nkooneh shub*
 Queen – *Mafor*
 Question – *shiteh*
 Quick/quickly – *lenshwinn*
 Quiet – *bonteh shub*
 Quit – *zheuh*;

R

race (n) – *nshinn; ke-lenshine; togoleh nshinn* (run fast)
 race (as in tribe or clan) – *mboag*
 race-track – *etik nketeh nshinn*
 radio – *leloang, ladio*

rag – *esakebh* (n)

rain (n) – *mbigib*

raincoat – *tchwi'mbigib; nkwah mbigib; esong; lepanjang* (has to do with independence and reunification)

rainboots – *beboago-mbigib*

the first rain – *ezib mekoh-teh*

the first major rain – *mbigi melia* (also means hail stones)

really – *makeh* (he really hates that – *ah makeh mbaa mah*)

reason (n) – *mah*

refuse (v) – *zhigileh; king'ihneh*

reimburse – *tineh-mbih*

reject – *zhigileh; bakoub*

rejoice – *lekongkeh; lekongkeh-nyih*

relax – *zweteh nyih*

release (v) – *zhiih*

remain – *digi*

remainder – *mbhg*

remember – *nmwoteh*

remind – *nmwoteh*

remove – *fbh*

repeat – *buh-kapeh*

replace – *pheunkeh*

reply (v) – *sang-mbih; kwankeh mbih*

in writing – *sang mbih*

verbally – *kwankeh mbih*

report – *lan(g)a*

resign – *seub;*

resignation – *nseuneh; fbh dib*

resignation letter – *ekateh nseuneh*

respect (n) – *eteg*

respond – *kwankeh*

rest – *zweteh nyih*

return – *tineh mbih*

revenge – *ntimeh nbuh*

rib – *mbeeh*

rich – *muh-nkah*
 ride – *tsheu*
 right (to be) – *nzoh-mbateh-fab*
 right (adj) – *ndunteh; esongboneh eteneh; ndin-nding; lekiah biab* (right hand)
 right leg – *lekenh lekia-mbiab*
 left leg – *lekenh lekia-mmah*
 right / right hand / rightward – *lekia mbiab*
 ring (v) – *mbieleh*
 ring-leader – *muh beshuguh; muh nzoh*
 rinse – *sankeh*
 rip – *tzeuh; kbateh*
 ripe – *mogo; nmogobneh*
 ripen – *mog*
 rise – *teneh*
 river – *zhwack*
road – *nshih*
 highway – *nshih mbia*
 roam/roaming – *mbobbob; fogo-teh-medugu*
 roar – *nduneh*
 roast – *bln*
 rob – *ezhib*
 robber – *nzhi*
 rock – *liab mbia; elay'mbia*
 rod – *mpuuh ekieh*
 roll (on the floor) – *phengeleh*
 romantic – *ndinteh ebongboneh*
 roof – *ndugu'nda; (v) – fab ndugu'ndah*
 room – *mvendab*
 root – *nkhang*
 rope – *nkoh*
 rotate – *phengeleh*
 rotten – *bhgeb*
 rough – *mphogo-mphogo*
 round – *eghaleb*

roundabout – *taamaah*
 rouse – *nyih nshwaneh; kweteh*
royal – *lebefoh*
 chair – *eboag nfor*
 living room – *memete*
 private room – *letchah*
 rub – *ꞑokeh; ꞑok*
 rubber – *enyongbo*
 rubber latex – *midih enyongbo*
 rubbish – *nfemteh*
 rude – *ebikeh ebuleh; ebikeh nsbu*
 ruin – *bwoteh; dameseh*
 ruler – *ꞑbigi nkangh'a*
 rumour – *langha-langha*
 gossip – *menang*
 run – *nshwinn*
 run after – *nshwiteh*
 run-away – *mbwonteh*
 rust – *ebbelekah; mangeneh*

S

sack (v) – *fhh* (informal – like dismiss from employment; fire from job)
 sack (n) – *mbhga* (a small or large bag)
 sacred – *ntseun; ntseun-ekuu* (juju secret)
 sacrifice (v) – *fogoleh melem* (traditionally) or *ndem* (religiously); *sacifah; salakah*
 sad – *medineh*
 sadden – *bechih*
 sadness – *medineh*
 safe – *kouteh; seukeuh* (i.e., safe him – *kouteh menn*)
 saliva – *melehh*
 salt – *nkwah*
 salute – *fogoleh*
 same (similar) – *nding-nding*

sand – (n) *yang'ah*
 sandwich – *sandwish; biib'nyak*
 sap - scold - *kaateh*
 satisfactory – *nkwangkeh*
 satisfy – *ekogoh; nkwangkeh*
 savage – *nyaah; nyaah-kiteh*
 save – *kongho; gwah; nkongboneh-nkah*
 say – *lebb*
 scabbies – *epha*
 scales – *efhgh*
 scandal – *ebikeh-nkenh*
 scarce – *eligih ngheunteh*
 scare – *mbangkeh; lebang*
 scared – *lebang*
 scatter – *sanghateh*
 scent – *eluh*
 schedule (timetable) – *lekbag*
 scissors – *sissashih*
 science - *lebbugu ndek*
 scold – *kaa; kaanteh*
 score – *nfateh*
 scrap – *ebikeh bih; bebikeh (pl.)*
 scrape – *gobr*
 scratch (v) – *gobrnteh*
 scream – *dugwah*
 screw – *etchih mbeuh*
 scrub – *kbuleh*
 see – *geur; lohr*
 seem (look like)– *lohr fehngneur*
 seize – *pogoh*
 select – *sehr*
 selfish – *nligineh-ebuleh*
 send – *luuh*
 senior – *mumbia*
sense – *boang*

common – *boang ngang*
 sensible – *elikeh boang*
 sensitive – *ekhubeleh*
 sensitivity – *elikeh ekhubeleh*
 signal – *elenteh*
separate – *pebteh*
 relationship – *leshub-leh-miah; elukh-miah*
 fighting/squabble – *pebteh*
 separation – *mpeteh* (squabble – *leteh*)
serious – *elikeh*
 illness – *elikeh ewakeh*
 marriage is a serious matter – *eluhk 'beh elikeh mah*
 he is serious with his studies – *ah gigih ekateh elikeh*
 servant – *sekh*
 serve – *tehh* (e.g., serve him a drink – *tehh menn minn*)
 service – *metuik*
 set – *fbaa; nangkeh; setbeh* (set a date – *fbaa seug-mboag or nangkeh seuh*)
 settle – *nnateh-mah*
 settlement – *ethik'nchaneh*
 several – *ebakwa*
 sew – *pang-ah*
sex – *shia-zeh* (in differentiating male from female at birth)
 sexual intercourse – *menanagabneh; leuh liab*
 birth – *nweh fbeh; ah shia zeh?*
 shabby – *nlonteh egiet* (He is shabby – *aah looh egiet*)
 shade (n) – *dang; legang*
shadow – *ding-ih-ding-ih*
 human – *linghi-linghi*
 shake – *nyingkeh*
 shake hands – *kuleh lekia*
 shallow – *ekiehkka-shi* (shallow river); *ezahka-shi*
 shame – *edikeh'ndugu*
 shameful – *edikeh'ndugu*
 shape – *nfheg*

share (v) – *kateb*
 sharp – *ehfugu*
 sharpen – *ʒeur*
 shave (v) – *shwiib*
 shed (v) – *dang*
sheep –
 male – *nkob*
 female – *gongbo*
 shell – *ekbhogbo*
 shelter – *etik nshoghobeh* (especially temporarily maybe due to bad
 weather or rain)
 shift (v) – *shinteh*
 shine (v) – *gebneh*
 ship (n) – *eteub ʒhwak*
 shirt – *nkwab*
 shoot – *lheu*
 shoot (out of the ground) – *kegbeh*
 shore – *nkege ʒhwak*
 short – *eleur'ncheb*
 shorten – *lenteb*
 shout – *dugwab*
 show (v) – *dinteh; giiteb*
 shrink – *nketeh*
 shrine – *leshing*
 shut – *pwob*
 shy – *ndineb-ndugu*
 side – *epeb*
sideways – *nkebegeh*; (e.g., sidewalk of a house - *mekeng-ndah*)
 sigh – *ʒsweneb; ʒswan nshuh*
 sight – *geur*
sign (v) – *shaneb; (n)*
 board or street indicator – *elenteb ndek*
 document – *ekateb shaneb*
 signal (v) – *ehlenteb*
 sin (n) – *ebikeb-maab*

since – *ngah*
 sincere – *esanghakeh ndugeh*
 sing – *ꞑohb*
 single – *nekwoh*
 sinner – *muuh'bikeh-maah*
 sir – *mbob*
 sit – *tcha shih*; (n) – *eboang*
 site – *etig*
 situation – *maah*
 size – *nfheg; nfhegkeh*
 skeleton – *befbeh*
 skilful – *ebongkeh mekiah-metuik*
 skill – *mekiah-metuik*
skin – *nyi*
 human – *nyi*;
 animal – *nguuu*
 skip – *nyeh*
 skull – *ebongh'o ndugu*
 slap – *shwah*; (e.g., slap him – *shwah menn ebekia*)
 slaughter – *peeh (v)*; (e.g. slaughter the cow – *peeh nyak*); (slaughter that pig – *peeh kunyah ꞑuh*)
 slave – *mfuh*
sleep – *nnanghaneh-shih*
 (n) *beꞑeugoh*
 (v) *gaga'beꞑeugoh; nang-a*
nang-a teh – to sleep on/over something (e.g. *seh nang-a teh maa ma*
 – let's sleep on this matter).
 Sleeping – *nnangha-shih* (e.g., she/he is sleeping – *ah nnangha-shih*)
 Sleeping bag/mat – *mbegah legog*
 slice (n) – *epeh; ephnng* (of meat)
 slice (v) – *peehh*
 slide – *gogoh*; (it's slippery – *ehgogoh*); *ah gogoh-lengang; egogoh-shi*
 slight – *mpeteh; mampweh*; (ration – *mpileteh*);
 slim – *lekwaqhalang; akeh-nkeg*
 slip – *legogoh* (he slipped – *lekuh legogoh*)

slippery – *eh gogoh* (it is slippery)
 slope – *eleh*; *ngogoneh eleh* (descending); *kweh eleh* or *kweh nꝑuh*
 (ascending)
 slow – *nyemeneh*; (snail walk – *lefoag kwoh*)
 small – *mpoetak*; *mampueh*
 smart – *ꝑhanganeh the*; *gogho boang*
 smash – *tokeh leh meken*
 smell (n) – *eluuh*; (v)
 smile – *nkwohneh*;
 smoke (n) – *ꝑeuh*
 smoke (v) – *kwenteh*; (e.g., smoke a pipe – *kwenteh tabooh*)
 smooth – *elengha*
 snail – *kwo*
 snapshot – *ekekeh*
 snatch – *pogoh* (v); *mpogoneh* (n)
 sneak – *nnya'a'teh*; *ah-nnya'a'teh*
 sneeze – *nsahneh*
 sniff – *kweteh*
 snob – *mwih dih*; *leh dih*
 snore – *togoleh* (v); *ntogoleh* (n)
 snow – *nkwah duh*; *nkwah mbigih*
 snuff (n) – *tabooh*
 snuff (v) – *tabooh*; *kwenteh tabooh*
 soak – *nbbk*
 soap – *sopeh*
 social – *ekuuh* (sing)
 social (gatherings) – *bekuuh*
 society – *ekale*
 soft – *eshekeh*
 soften – *sheteh*
 soil; earth – *ndoh*
 soldier – *muh-pih*; (soldier uniform – *ngu-pih*)
 solve – *nateh*
 somebody – *mumpeh*
 something – *ꝑshupeh*

sometimes – *lekalepeh; tampeh*
 somewhere – *mbobhpeh; etigpeh*
 song – *ezhoob*
 soon – *eh tanteh* (Always the first work in the sentence. e.g. *eh tanteh ah pah* – He will soon arrive)
 sorrow – *medineh*
 sorry (to be) – *mbateh leh medineh*
 sort out – *nkiane h maah*
 soul – *nsong*
 soulless – *teh nsong*
 sound – *ndeh*
 sour – *kag (v); nkagane h (n)* (for foods only). e.g. The soup has gone sour – *nꝑah ma kagah*
spade – *mpuuh esoh*
 shovel – *mpuuh esoh* (a tool with a broad flat blade and typically upturned side ...)
 hoe – *esoh; esoh lesekeh*
 digger – *nsengueh*
 p-ask – *pikass*
 speak – *nsoang-obneh*
 spear – *lekong*
 speech – *esoangboneh*
 speed – *nshwinn*
 speedometer – *nfukeh-nshwinn; spido-mita* (adopted from English)
spend
 time – *gakeh nchi*
 money – *buleh nkeh; bwoteh nkeh* (misusing money or spending unwisely)
 spice – *biib nꝑah; enateh nꝑah*; (good flavor – *ebongkeh elouh*); *nꝑen* (bad odor)
 spider – *ngengang*
 spill – *swih; nshwineh; shuh*; (he spilled the water – *ah swih medih shih*)
 spin – *ngaleh*
 spine – *nkong* (spinal corde – *nkong-mbih*)

spinster / bachelor – *nkwob* (unisex); *mungha-teh-nzshu*; *mweh mungha*; *ngondere*
 spirit – *melem* (sing.); *belem* (pl.)
 spit — *meleur*; *fheuh meleur*
 spittle – *meleur* (*fah meleur* – to invoke grace upon someone)
 splash – *kwab-shih*; *sheneh*; *nfhebeh*
 split – *nkateh*; (felling a tree – *nkwobneh*)
 spoil – *bwuoteh*
 sponge – *kuncha*; *esakeh tchih*
 sprain – *kwateh* (broken bone – *efeh bugeuh*)
 spray – *esong* (to spray - *poumeh*; *poumeh ebuguh*)
 perfume/cologne – *fhab*; *kih* (*eluuh*)
 spread – *sanghateh* (v) *nsanghateh* (n)
 spring (v) – *zeeh shih*
 spring (n) – *tasoak* (underground); *nweh zshak*
 sprinkle – *ghankeh* (sprinkle water on the floor – *gangkeh medih shih*)
 sprinkler – *egancheh medih*
 square – *meguh-menyih ndinding*
 squeeze – *tob*
 stab – *song'oh*
 staff – *ezhong-metuik* (pl); *shuh-metuk muob* (sing)
 stain – *nkeneh* (if in liquid); *etah* (mud); *betugvah*
 stammer – *zhigiteh*; (he is stammering – *ah zbigiteh*)
 stamp – *setam*;
 stand – *teneh*
 star – *nyinkeh*
 stare – *taaneh nchi*
 starve – *nshah*
 state – *etoh*; *mpuetah-mbock*
 station – *eteneh-etseh*
 statue – *ekekeh*
 stay (v) – *chah*; *maneh*
 stay – *saanehh* (delay)
 steep – *nzhuh*; *eleh* (steep hill made of stone)

stem – *nyih; nyih zʰigib* (stem of a tree) ; *nyih manyah* (banana stem)
 step – *mekok nkweneh* or *mekok*
 stern – *nligineh-ma; nligineh ebuleh*
 steal – *zshi*
 stick – *zshigi*
 stick of cigarette – *elong-oh zheuh; elong-oh tabooh'ndek; shikah*
 stiff – *nkwareh (n); kwareh (v)*; (stiff neck – *lebob-kwareh*)
 still (not yet) – *pit(teh)*
 sting – *songho le zhub*
stink – *elouh; elikeh elouh; zhhn* (it stinks – *eh zhhn*)
 bad smell – *ebikeh elouh*
 good smell – *ebongkeh elouh*
 stir – *bhgheh; toneh (bhgheh-nzah zhou)* – stir the soup)
 stomach – *lebbhn*
 stone – *liah*
 stool – *lebigi*
 stop – *teneh-te-fah; ba-nying*
 store (n) – *ndaa nkonghneh biib*
 storm – *ekenh*
 stove (cooker) – *tse-muh-ndek*
 straight (up) – *nding'nding*
 straighten – *nateh nding-nding*
 strange – *njeggeleh; (nkeh-muh - stranger)*
 stranger – *nkeh-muh*
 stream – *zwag*
 strength – *(e)mong*
 stress (**v**) – *leh kapeh*
 stress (to be) – *ndigineh nyih*
 strict – *mu-nding-nding*
 strike – *koh; digib*
 slap – *shwah (v) nshuaneh (n)* (to slap someone – *nshuaneh muh*)
 string – *nkoh*
 stroll – *laneh*
 strong – *elikeh*
 stubborn – *ligi-ndugu*

struggle – *digih nyih*; (*leteh* –fighting)
 study – *gigih*
 stumble – *ah logoh fhweh*
 stupid (dumb) – *mbwoneh ndugu*
 stupidity – *ebikeh-nduguh*
 style – *nyinkeh*; *enyangah*
 succeed (someone) – *degah eboang*; *ndegah ndah*
 success – *ngiane* (pass examination – *ngagane* *nzhigileh*)
 successful – *giah* (he is successful in his business – *ah giah teh esegenh*)
 successor – *ndega-ndah*
 suck (suckle) – *nyong-oh*
 sue – *shuuh*
 suffer – *esengheneh*; *letiek*
 suffering – *esengheneh*
 sufficient – *ekogoh* (its sufficient – *ekogoneh* or *emakok*)
 sugar – *eleteh*
 sugarcane – *nkoag*
 suggest – *moteh* (what do you suggest – *oh moteh ẓah*)
 suicide – *nkweneh nkoh*... He committed suicide – *Ah kweh ẓaa nkoh*...
 summon – *liih nshu*
sun / sunshine – *duguh*
 sunrise – *dugu kaah*; *duguh nyieu besak*
 sunset – *mesbienn chih*; *elepe mangoh*
 superstition – *maah mih menyih* (*lebuguh* – witchcraft)
 supervise – *nzenteh*
 supper – *biih'nkbb*
 support (used when carrying something on head or shoulder) – *lekah* (also called *katha* in pidgin)
 surface – *ebiang*
 surname – *nyagha-dih*
 surprise – *ntabeleh*
 surrender – *ngakeh*
 surround – *ngaleh*

swallow (**v**) – *meeb*

swamp – *etah*

swear – *mbuoh*; (swear to God- *buoh-di-ndem*); *swear to my father* – *mbuoh-mbozēh*)

sweat (**n**) – *edig* (*edig senh mi leh nyih* – Sweat is coming out of my body / I am sweating)

sweep – *shweh*

sweet – *eleteh*

sweets (**n**) – *eleteh*

swell – *kweh* (*v*); *nkweneh* (*n*); *pfwih* (for dead body or living thing, i.e., dead animal)

swelling – *lekweh*

swiftly – *leh nshwin*

swim – *nyongkeh zʷag*

sympathy – *medineh*

T

table – *tebeleh*

take – *tuuh*

tail – *nguuh*

tale – *lekieh*

tall – *ʒaa nche* (He is tall – *ah ʒaa nche*); *mpuuh*; *mpuuh-mpuuh*

tear – (**n**) – *nyamiuh*; (**v**) – *kateh*;

telephone (**n**) – *nteg-metuh*; *tingni-tingni*; *nkoh*; (**v**) – *kieh teh nkoh* (I will call him – *nkieh menn teh nkoh*); (Call him on the phone – *kieh menn teh nteg-metuh*)

tell – *lang-a*

tell a a story – *lang-a lekieh*; *giteh lekieh*; *kibeh toli*

temper – *eshuakeh ndugeh*

tempt – *lekih* (don't tempt me – *oh feh lekih*)

termite – *ngok*

terrible – *egiet*; *ejeleh mah*

terrific – *ebongkeh*; *lekag* (*happiness*)

thank you – *elakah*; *ntenkeh* (response to a commendation or greeting – *esaa maah*; *esaa maah mpēu*)

theft – *ezhib*
 then – *kepeh*;
 thick – *pib*
 thief – *nzshi*
 thigh – *lebia* (of an animal)
 thin – *keeh* (v); *nketeh* (n); (it is thin – *ab keh nyiteh*; or *ab keh nkuk*)
 thing – *zshuu*; *biib*
 think – *moteh*
 thinking – *memoteh*
 thirst – *gangha* (v); *ngangkeh* (n); *nsba-medih* (I am thirsty – *ndegeh gang mih*; *Nsba-medih* ‘*kehu mi*, translated literally as water thirst is killing me)
 thirsty – *ndugeh ngaganeh*
 thorn; twig – *nzee*
 thread – *ndah*
 threaten – *sogho*
 thrice – *nka laga*
 throw – *gang-ab*
 throw away – *pib*
 thumb – *sekia*
 thunder – *seh*
 tick – *zhogoleh*
 tickle – *zhogoleh*
 tidy – *sangha* (v); *sanghakeh* (n)
 tie – *gieh*; (n) *nkob-kingh*
 tiger – *nkaw*
 tight – *ngieteh*
 tighten – *gieh-elizeh*
 time – *nchi* (what time is it? – *nchi beh zah?*)
 tiny – *mpwetak*; *ekeeh*
 tip (something) over – *pagah*
 tired – *kobh* (I’m tired – *mmah kobh* or *nkobh the*)
 tobacco – *tabobh* (a head of tobacco – *ndugu-tabobh*)
 today – *sheb*
 together – *nsbuh-fbog*

toil – *buuh metuk nndeteh*
 toilet – *ntuh*
 tomb – *ndugu'ndih*
 tomorrow – *epok*
 tone – *nsbih; ndeeh; ndeeh nteck*
 tonight – *esab-ngekkeh-shih; ngekkeh-shih*
 too much – *ebakwah*
 toothbrush – *esigab*
 torment – *ndigineh letiek*
 torn – *giateh; ngiateh;*
tooth-brush – *esegab*
 touch – *koteh*
 tough – *elikeh; ekege*
 towel – *esonyih; taweleh; tchwi-nsoteh-nyi*
 town – *tong*
 trade – *esigeh*
 trader – *ntangha segeh; muh segeh*
 transfer – *lub; (money transfer – lub nkaah)*
 trap (n) – *belaa*
 treat – *gwah*
 trick – *lekuuh; lobteh (v)*
 tricky – *ngeleng*
 trick / con artist – *nweh ngeleng*
trouble – *eseng'ehneh* (like in an unfortunate situation); *lekib*
 trouble shooter – *muh lekib*
 troublesome – *esengheneh; (troublesome person – muh esengheneh)*
 trousers – *mpuu-mekhh*
 truant – *muh-ndagbah; ngwah*
 true; truth – *ndhnteh*
 trust – *ndhnteh; (trustworthy - muh nding-nding)*
 try on (a dress) – *fbkeh*
 turn – *punkeh-nyih*
 twice – *nkaab-biah*
 twist – *nnog*

U

ugly – *buob-nyih; ebikeb melobb*

umbrella – *ekepteh*

under – *nyih; (under the chair - nyih eboang)*

underestimate – *sameh*

understand – *ngokeb;*

undertake (a project) – *kuleb*

underwear – *meleng*

undress – *fbew-tchwi*

uniform – *ewangha-fog*

unify – *nshub-xfog*

united – *nnogoteb; mbateb nshub-xfog; (they are united –
bebeb-nshub-xfog)*

upstairs – *zbigiminn*

urine – *miuh*

urinate – *nyineb*

us – *seh*

use – *buleb*

useful – *mbuleb; ebeb-mbuleb; ebongkeb*

useless – *teh ndugu; teh/ saa mbuleb (e.g. He is a useless man – ah beb
muh teh ndugu. The outfit is useless – chwi nyinn saa mbuleb*

V

vanish – *nyongho (v); begeb; nyongho-shih (vanish or disappear)*

vapour – *mbagah*

veins – *meshih*

veranda – *flanda; beshugub-ndah*

village – *nnugwa*

visit (n) – *tobb; (v)*

visitor – *nkeb-muh*

voice – *ndeeb*

vomit – *zbugu*

W

wage – *nsok*

wail – *gieh-seuh*

wait – *sente*

waist – *esen*

walk – *fogo*

wall – *ekuuh nda*

want – *nfete*

war – *pib*

warder – *nleh-nchih; metuh-ekieh; (zente* *bah ekieh* – watch prisoners)

warm – *eh-shwah; eh-shwah-mampueh; eh-shwahkeh*

warm weather – *eh-shwahkeh nchih*

warm (pest) – *nsongho* (sing); *mesongho* (pl.).

warning – *langba; pike* (a statement or event that indicates a possible or impending danger, problem, or other unpleasant situation)

wash – *gwih*

washer – *ekieh ngvineh bih*

wasp – *mamfueh*

waste – *mbuoteh bih*

watch – *bateh; zente; toh*

water – *medih*

waterfall – *lefuh-zhak*

wave – *zagaleh* (v); *nzagaleh* (n); (movement of the hand to and fro); also *nfuah* (in water or ocean).

weak – *eshiekeh; teh mong*

weather – *nchih*

weave – *loang*

wed – *lhkeh eluk*

weed (v) – *kib* (manual); *teuh* (using machetes) (*i.e. teuh ebugu* – cut the grass/weed)

week – *methwg; (b)esigeh*

weigh – *fbkeh*

wet – *midih-beuh-teh*

what – *zeh*

what (conj.) – *z̥euh*
 whatever – *kaʒhe*
 wheel – *lekheu*; (i.e., *lekheu etheb* – the wheel of a vehicle; *lekheu lekandong* – the wheel of a bicycle)
 when – *ndesaa* (when will he come? – *ah pah ndesaa?*)
 when [conj.] – *tam meh*
 where – *alah*
 whereabouts – *mbhobh*
 which (conj.) – *efeh*
 whistle – *lekah; eshuah*
 white – *ephkeh*
whiteman – *ndek*
 White American – *ndeck America*
 Black American – *eshwinkeh ndek*
 whisky – *elikeh-minn; whisky*
 who (conj.) – *nz̥ah*
 whoever – *nz̥abah*
 why – *maah z̥eh; lekahz̥eh*;
 wicked – *ebikeh ndegeuh*; (He is wicked – *Ah beh muh ebikeh ndegeuh*)
 wide – *efhangha; efhangha-nyih*
 widow – *mukusa; nkih*
 wife – *mbng-ab* (co-wife – *nsoang-oneh*)
 wild – *nsuaneh dib; nyah ekiteh* (wild beast)
 win (v) – *diuh*
 wind (n) – *ekbh*
 window – *windur; nweh-shu-ndah*
 wine – *minnh*
 wipe – *sob*
 witch – *ndugeh; ndugeh-nkeuh; eshilack* (ghost)
 witchcraft – *lebuguh*
 without – *the menn* (never to start a sentence, common in English;
 e.g. Without him, I will not go – *nkeh-ka teh menn*)
 wizard – *muh-lebuguh*
 woman / female – *mhn(g)ah*
 wonder (n) – *ntableh*; (v) – *gieleh*;

wonderful – *egieleh mah*
 wood – *leh; sweh*
 wood ash – *mpueh*
 work – *metig; (v) – buh metig*
 worry – *maneh; digi-nyi* (Don't worry – *Bah maneh / bah digi-nyi*)
 wrap – *leme; gieh*
 wrinkle – *meling-meling*
 wrist – *ngig lekiah; doang-lekiah*
 wrong – *lepaah*

X

Xerox – *xelock*
 Xylophone – *xalaphonn*

Y

yard – *eboag*
 yawn – *gieteh*
 year – *esaa*
 yearly – *esaa leh saa*
 yell (v) – *dugwa leba*
 yes – *oh(n)oh*
 yesterday – *ʒanʒaa*
 yonder – *nso-o*
 you – *woh (pl – nyeh)*
 young – *nweh; nweh-nʒogo* (young-man); *nweh-mengha* (young lady)
 your – *eʒong; (pl) – enyeh*

Z

Zacharias – *Zacharias*
 Zebra – *nyah ʒebla*
 Zero – *esa-ah*
 Zerox – *ʒelox*
 Zeus – *Ndem bah Greek*
 zinc – *meʒohb-ndek*
 zig-zag – *elenghekeh*

Zodiac – zodiac

Zucchini – zucchini

Chapter 30

Lekongho – English Vocabulary

Our main reason for including the section below is to retain those words and/or expressions which are *uniquely Lekongho*, with only approximative English translations! It also helps to ensure the survival of the language. e.g., *etundu* is not just cocoyam, and there can be no other befitting way of saying it than, you guessed, *etundu*!

Ab neh (exclamation) – You bet; There you go; Amen (religious context)

Ab neh leh?... And so? Is that it? That's it.

Ala (exclamation) – *where?* Not at all; Are you kidding

Baga mih nkaḥ segeh – give me money for shopping/market

Baah Sagambia – The Big Seven (In the Royal House)

Baah shindah – Floor members

bekhn mbok – elders

beleuh – halves; *eleuh* (sing.)

beleuh-beleuh – half and half; 50/50

nkang-lebhn – *hynia* ; *betu*; *montoli* (pidgin version); (*betu beh seuh who* – be struck by *hynia*); *myeh ntok*

biankeh; *kateh*; *bnoteh* – put asunder

biib logo – tadpole

bong – brains; clever (*ah gong-oh bong* – he is clever)

bonteh – to shut (mouth only e.g. *bonteh nshu mong* – shut your mouth)

dieng – age-mate

dubminn – sky; heavens (*ndoh boh dubminn* – heaven and earth)

dugu afigi mbeng – an expression meaning the sun rises from south

ebaah'mboag – fufu; a paste made from the slippery *colocasia* variety. *colocasia esculenta* (taro or country coco).

eshuakeh – heat (as in trouble)

ebeg – a piece (of a food item that can be split into pieces, e.g. cocoyam, yam)

ebi-i – grave; deep hole

ebigileh – baby cocoyam leaves used as vegetable

eboak – outside; shoe; some foreign place

ebong-ob-digih – ngong-go leaf

ebwob (n) – law; order; command

efhang – the support used to go up a palm tree

efbeleh – material support (mostly financial) given to someone who is bereaved (Only in bereavement circumstances).

efoh; nꝑhuh mbuh – he-goat

egeur – clown

egwaga – corn chaff

ekaleb; nꝑock-ntong – social group of young men (stilt dancer)

ekekoh – corn cake

ekieh – fence (n); mosquito

ekubleh – premonition (*ekubleh faa mih* - I have a premonition); telepathy

ekouh – social gathering house, masquerade

ekok – elephant grass

ekuuh – hill

ekwaga – secondary forest (bushes)

ekweleh-nchwi – corn peelings

elong-ob – cob (of corn)

emoh – devil

enongho – rubber; (*midih/nkeneur enongho* – rubber latex)

emulanteh – masquerade with long outfit (when it appears, no one talks, there's total silence).

ephkeh dugu – white head

ephkeh nyogho – white hair

epwob – bad luck (*epwob khneh wob!* – may bad luck befall you!)

eh beh meh epwobneh? – Is it bad luck?

But meaning can vary depending on context (e.g. *Ab kuteh ka nkak mah, epwob-ꝑshinn* – Guess who has put off the lights)

Esaa - year;

moment – *oh pah esaa feuh?* – when/what time will you come?

Later/next time/soon – *edigi'saa* – see you later

Planting time (corn) – *esaa leguh-nchwi*

Last year/old year – *esaa mbih; nʒeuh 'saa*

Some future time/an unknown time/ some day – *esaa peuh*

esangkeh – clean; pure

esegeh – market (for all goods)

esegeh melende – brothel (sex market). This was created in the 70s

near *esegemanʒah* strictly for prostitution but later abolished.

eshilak – ghost

eshweb / nsang – broom

eshieh – a specie of tree that is found around the Nkongho villages

esigah – toothbrush; breakfast (to have breakfast – *feuh esigah*)

esoob-nyang-ah – mother in law's hoe

esongmapia – running stomach; diahrea; dysentery

esongoh – hunting expedition

eshwih – oil produced from palm kernel; (manyangah in Pidgin)

etak – barn

Etemʒoh – The Royal Council

etingkeh – red-hot charcoal; burning wood

etogo-nchwi – corn peelings

etogolog – the yellow flower produced by the *eʒshin'mboag*

etohh – family tree

Also refers to a support, usually a stick, placed against a plantain/banana tree, wall of a house, etc, to prevent it from collapsing. The action is called *nfateh etohh* (to support), and is used *only* in *this* context (of a collapsing structure).

etundu – a cocoyam/*colocasia* variety particular to Nkongholand (called kontri cocoyam in Pidgin)

ewanga – dance in which youngsters display their skills.

ewang'ah peh – pregnant

eʒah – *kokeh nshunda* – knock door or another word for engagement, i.e., officially introducing your future/potential bride to one's parents.

ezogo'nebb – (an insult of some form - or playing games, i.e., trying to cheat or playing over someone's intelligence)

ezhgob – rainy season

ezhi-mpih – stolen palm nut; palm nut theft

ezshinn – cocoyam

ezshinn'mboag – variety of cocoyam in Nkongholand. Slimy like okra when boiled, it is used to prepare *ebaah'mboag*.

foang-o nchi – to search all over the place for someone or something.

fwileh nchi – to behave as if mad. (e.g., *ah bub feh ngeh ah fwileh nchi* – he is behaving as if he is mad)

gakeh – to beat / be beyond one's capacity (e.g., *maah ma 'n gakeh mih* – 'This matter beats me).

galeb (nchi) – stroll; move about, usually in an aimless manner, e.g., like a vagabond.

geuh seuh – the act of officially launching death commemoration celebration.

goang-o – fix something by fitting two or more of its parts together.

gonteh – scrape (e.g., roasted plantain)

gnih-shi – remain (at a spot/place without doing anything. Connotes laziness)

kie – hazelnut

king'ihneh – to turn down; refuse an offer.

kongolebong – An insult of some form.

knob (dugu / meuh) – bask (in the sun / in the warmth of the fire)

knalla – beads made from a certain tree plant and worn by women around the ankles to dance.

kwangfleh – taro; contri coco; *colocasia*

lagaleb – troublesome person

lebanga; ebang – large-fingered plantain variety.

lebangh – start of farming/cultivation

lebegeuh – broken; breaking

lebbg – nine

lebbng – kata (in pidgin), or a support (usually of dry plantain/banana leaves or cloth) wrapped in the shape of a circle and placed on the head, to cushion the weight of cargo on a person's head

lebia-mbub – goat's lever

lebong-ob zbigi = *ndob ndugu ndih* – vegetable/leaves used for medicinal purposes. It is also used for Royal burial. The leaves are cut and put on the head of the Royal spouse. Some tribes eat the leaves as vegetables.

lefeng – to get rid of something; to remove an unwanted thing.

lefoh – kingship; royalty

lefong – animal fat (*lefong-ob teh* – Is it fatty)

Lefuwoob – air

leguub – planting

leguang mekbh – palm oil section (in a market)

leguang nyah – meat section

lekia'keuh – upper side (like in direction - yonder)

leka-mbia – lion's share (*Ah tuuh leka-mbia (m)bwobh* – He ran away with the lion's share)

lekia-mbheng – down side (like in direction - yonder)

lekia methk; ndugu methk – line of work

lekieh – yellow sauce used to eat soft fufu (paste) made out of taro (contri-coco)

leleg – a yam variety, yellow in colour, common and highly valued in Nkongholand (called kontri yam in Pidgin).

lemobh – visitation for conversation

lenak (sing.); menak (pl.) – wine palm / raffia bush

lepah-kateh – sheet of paper

lepandang – raincoat; (funnel looking); wrapping used as raincoat.

Lephete – breaking; subsoiling

lepieh – scream; shout to demonstration of joy

lesekeh – tilling

lesoh – the day, following the burial, when the heads of bereaved family members are shaved (usually three days after burial for female or four days for male).

letchwi – pause; break
letchwi-nchi – sunny day; good weather
liih seuh – one’s will; Will
lobb / tuuh – care / consider as... (he does not not care /
 consider as anything – *ab lobb / tuuh ka feh ngbe ẓhuuh*)
longho-longho tia-tia – dragon fly
Ma’ah-Mbiah – grandmother
mamboak – a deaf and dumb person.
manyah – boiled green bananas
manyempeh – koki-corn made from fresh corn. Koki corn made
 from dried corn is called *ekokob*; boiled and dried plantain
 mixed with koki-beans is called *mukuh shuh*
mbabeshugu – direct elder brother or sister
mbag – cones of large palm nuts
mbang – nut; a whole (of a nut, etc. e.g. *mbang teshuu*)
mbanteh – to be neighbours with; adjacent to
mballab – a special corn meal dish which is no longer exist in our
 land. It was similar to *egwaga* (*corn chaff*).
mbeng eleg – coast
mbiaga-mfivoh – indian bamboo split into pieces of about one foot
 in length and an inch in width. Used in traditional dancing.
 A palyer hits one against the other to the beat of the drums
 (*nteg* and *ngoh*).
mbeeh – broomstick; ribs
mbeg – lump
mbeg-ebaah – lump of fufu
mboh – place (*mboh ngieh* – somewhere else)
mboḥẓeh – my father
mboleh – blessings
mbugah-legog – sleeping mat
mbuh-mekhh – a live goat (used for traditional occasions like
 marriage).
mbuh-lekih – a live goat for the inlaws (used for traditional
 occasion especially in marriage).

mbuh lebhg – Seven goat (Usually a heavy fine enacted by the Royal Council)

mbuuh-tabooh – a roll of tobacco

mbwamweh – small calabash

medineh – sympathy; sorrow – depending on context. Preceded by the conjugated form of *mbateh* (I am in a sorrowful state – *mbateh medineh*).

mebeh leh mehdineh (lit. I am with sorrow) – I am sorry

medugu'nekhh – the skulls of ancestors

mekang'mboak – venamen; traditional vegetables

mekang-seuh – A dish prepared to support a bereaved person/family

meleng – A special dress wore by members of the Royal Council, *etemzoh*. It also means underwear.

mekonke – flies (pl.)

mekuuh'mboak – bean cake or kontri beans in Pidgin English, or the *koki* bean prepared out of it. See Recipe section.

mekuuh nkokeh – bean cake (same as *mekuuh 'mboak*)

memeteh – Royal Grove; Palace

menaah – thigh

mendah – A woman who has given birth ...*meteug meh leuhn* - ...and after a month... (used in the middle of a sentence).

mesang – the blossom of corn; the tassel or flower

meseeh – water rain

meteuk – week

meuh – fire (n); gun

mfor etoh – quarter-head

mhgeb – specially woven chord from an long plant in the forest that is very itchy and used by women to support their *nsab* (basket) on their heads.

mezoooh – roofing mat (called mat in Pidgin, it is harvested from the mat palm variety)

menyeh – variety of small mushroom – white

mekob-teuh – situation where it is easier to clear one's farm because the grass is wet or has morning dews.

mfwob – Indian bamboo

mfwenteb – catarrh

mingaah – No way; Not I; refusal.

misangala; ezigiṣah – beads worn by women around the waist (Said to have been introduced across Nkongholand by the itinerant Hausa traders). Was there something else the women wore – around the waist.

mmgeb – cord manufactured from a special tree used by women to support baskets on the back (One end of the egg-shaped cord is attached to the forehead while the other end supports the basket to the woman's back).

moob-lekia – bangle; wrist watch

moob-sekiah – ring

mpib – oil palm (Palm production, including of oil, kernel and kernel oil, is a principal occupation in the Nkongho ancestral area. The oil palm has ramifications beyond the economic to the socio-cultural spheres).

mpib mesang-nchi – when supply of palm nuts and oil is greater than demand and prices decline, i.e. over supply reduced the price.

mpinn – primary forest

mpogoleh – cooperative work (especially around agricultural and construction activities)

muubaah – the person one hates; a hatred somebody

muhtebbong – bad person

munyong = group of people

Munyang'ha mwua'egu (nju'uh-gu) a nyi nzogo'oh – brother-in-law

Munyang'ha mwua'egu (nju'uh-gu) a nyi mengha - sister-in-law

Mue-mue – grandchild

muuuh – day time

mweb mub (an exclamation, usually, following a question; e.g.

Mbuh ṣaa, eh,

mweb mub? = What will I do?

mnweb-pugu – baby mice (sing); mouse (pl.); rodent

nchwi mbunteh – roasted corn.

Nchwi nsongkeh – boiled corn

Ndeeb-mboak – native tongue, e.g. Lekongho

ndegeh-beshikong – wise person

ndesoang – the tender interior of the elephant grass, harvested and prepared as a delicacy.

ndhegab'nda – successor; heir

nding'nding – correct; upright, straight; straightforward

ndoang – courage; Also a kind of sauce (broth).

ndong – drinking cup made out of raffia bamboo *and animal bone*

ndugu – head

ndugu lekia – have elders taste especially the food (meat, pork) first

ndugu minn – taste; taster (wine)

ndugu maa – the main reason (used only in the context of *why*, e.g.

The main reason *why* he came... = Ndugu maa meh tuuh menn (n)pa neh...)

ndugu metuik – the main occupation

nfivah – large storm

ngaa – a period or moment in the past

ngaa njamann – When the Germans colonized Cameroon

muh njamann – A German; Someone who has adopted the German lifestyle. This also refers to someone very strict or disciplined because the Germans were disciplined.

muh leflanshi – A Frenchman

muh ngang – A fortune teller

ngaa leflanshi – During French colonial times

ngaa nyak – quite a long time ago; sometimes in the distant past.

ngang – fortune-telling (*ah leeb ngang* – He predicts the future)

ngalephih – when palm growers prepare their farms for the coming harvesting season.

ngapsa – kidney beans

ngekhe – night

ngwaa – trickster; cheater; deceiver; (*ah beh leh ngwaa* - he is full of cunning)

ngwang – commoners

njuk; *nzoak* – type of dance for youth and adults; mascarade
nngah – deficate; (*ah nngah* – he is deficating); (*ke ntuuh* - to go to stool)
nnhgwo – slight touch; to hint; pinch
nkangelben – cocoyam
ngoh – drum made of animal skin solidly fastened on one end of a hollow, carved, round piece of wood.
ngoh – drum; month; period (menstration)
ngoh lepheteh ndoh – the month of breaking/subsoiling or land preparation for farming purposes; month of March
nguuh-nyah – animal skin; fur. When dried, it is edible or used for many things.
ngogoh – material from a palm tree used as funnel to extract palm wine from the tree to the calabash/container.
nkang-ab (nkangha) – chaff ; slice of meat
nkie zeh nso-o – I went out
nkaw – bush mango; bush mango seed (ogwonoh in pidgin).
nkolong – small colocasia used for “contri fufu” (paste).
nkwenteh-lephih – fallowing/suspend the palm farm
nsa – bush kernel
nsag – leprosy
nsag mpeh woh – may you be struck by leprosy
nsah – special baskets carried on the back and used by women to transport produce
nsakeh – small bundle (of *ekokoh*, *mekuu* or *ekwakuku*, meant to be sampled to determine if the entire meal is well cooked).
nshiah – hunger
nsoang-oneh (nsoangboneh) – co-wife in a polygamous home.
nsobh; *taamaah* – a road junction
ntableh maah – incredible matter
nteg – drum, round, hollow piece of wood closed on both ends with a small opening around which the drum is beaten using two sticks. Each of the sticks is about a foot long and two inches in diameter. *Nteg* is made from the trunk of matured fresh hardwood and varies in sizes.

ntong – walking stick
ntoak – calabash
nvasa – bush kola (edible...)
nyah – Monkey-kola – also called *esebong*
nyang-a mbiah – grand mother
nyangha – to lick
nyanghaneh – licking
nyeteh – beyond; more than (*eh nyeteh mih* – it is beyond / more than me). Also means to cross.
nzeb – sperm; semen
nzeb-nyii – four sperms
nzhig; ngondo – egusi (melon or pumpkin seeds)
nzah mekang – vegetable source (soup)
nzogopeng – lump; big ball
nzhuh – husband; male
oh-o(n)h – word of consolation uttered to someone in distress.
Ashia in Pidgin.
oh-oh zeh – one’s mother or my mother
ohh wah – an affirmation (to what a speaker has just said)
pia sang-ah – father in law’s cutlass/machetes (one of the items a prospective son-in-law procures for his father-in-law)
peh – allow
peh – oh –zhiih! – Let (it) go! Release!
peh-meuh – fire a gun
phhh – to take *ekweleh-nchwi* off the corn cob
pikeh! – Be careful!
pwa – to leave (for the farm or some other destination) before the break of day, usually with the first cockcrow)
saa – pass (hand over) (*saa mi zhigi’baa zshi* – pass me that pestle)
zhaga shiih – get up quickly; jump
santeh – discover; found
sekia – finger; 1.000 francs
seugeh – an interjection to get the speaker to clarify/confirm something just said/heard. Can be at the beginning or end of the sentence. Could be loosely translated as ‘again’ – as in

this example: *Seugeb, muzhub zeb leh meh zeuh?* – what did the/that man say, again?

seubneb – to hop somewhere (e.g. to the market and back)

seub-shieh – this same day next week

seubteh – to help someone alight luggage s/he is carrying

shwaa (exclamation) – Get out of here! Impossible!

shwab – a peppery-hot spice collected from the forest

sok – medicinal ingredient used for fermentation of palm wine

tchih – pound or hit repeatedly and heavily (*mbigi ma tchi mih teh*)
– the rain has beaten/hammered me).

tchih ebaab – pound fufu.

tchwih – dress; outfit; clothes

tchwih seuh – mourning dress

togoh – step on; smash

tongkoh – rope made out of the belly-side of a palm branch, which is peeled and twined into a rope. Both ends of the rope are held/fastened together to produce an oval-shaped instrument. Used to ascend palm trees for the purpose of tapping or harvesting palm fruit.

tob-teh tob-teh (v) – to do something with little or no enthusiasm and/or expertise (*Ah tob-teh Lekongho tob-teh* – He speaks passable Lekongho)

uh-uh-uh – affectionate address (for a woman)

zanza-shih – day before yesterday

ezheueuh baa – pestle used to pound fufu

ezoang-o-nkeu – devilish act; evil act or idea

zshunteh – dry (weather) season

lepeuh – palm grove

lenyang ndong – hanging / hammock bridge

nyih lekendong – trunk of plantain/banana

ndong nzoek – elephant tusk

ndugu nkeuh – ancestor (*diteh ndugu nkeuh* - invoke the spirits)

leseung (sing.) *meseung* (pl.) – a protective fetish worn around the neck, waist or ankle

egoangkeh-piah-lekondong; *bepah* (pl.) *egoangkeh piah lekondong*/ *manyah*
 – dry banana / plantain leaves
midih manyah/ lekondong – juice from banana / plantain stem; latex
nkeur-neh – the sticky juice/liquid from green banana/plantain
 peelings;
midih-nyongho – rubber latex
shoang - clay / clay pot making

30.1 Useful Expressions and Proverbs

Ab ligih legaah/ebuleh – He/she has a strong/unpleasant
 behavior/manners
dugu ma kaaneh – the sun has risen
egaga/ebongho nsbuteh? – Does it taste good?
ebongkeh ndiane – have a good appetite or enjoy your meal
 (answer: *ndiane mbongho* – lit. the food is good; or simply -
elakah – thanks)
ebongkeh legaah – good behavior
ebikeh legaah – bad behavior
ebikeh zhub loag esaa zshwakeh – There is no bad bait for fishing.
ekenh gagah oh geur nyih keuh – The wind exposed the hen's ass.
Ekwō-Bandah – A river where a pregnant woman drowned
fogo nkeng-nkeng – be extremely careful. Watch before you leap.
Kah oh zhunteh-kah ekuuh-zong, nzah leh zhunteh? – Charity begins
 at home. If you do not promote/support your team, no one
 will?/no one will.
Kah muh kogoh teshuh, ah nyangha ngogoh – If one grinds pepper,
 he/she should lick the pepper stone.
Leeb tchwih zong ngeh eh koago wob – Cut your coat according to
 your size
Lekieh nyieh lebongho, nzhib ah kwah takeh – The story was so
 amusing that the thief laughed in the pantry.
Long beleck –Western lifestyle
Mateh-mpah – A river where people were killed during the tribal
 or colonial war. It is called *nzokeh* in Betang language.
Muuh sah kwah medih mbiab – A man does not die twice.

Muuh sah tuukeh keuh mungieh buuh shah – Another one's fowl cannot be used and/or accepted for traditional medicin.

Ndem meh buleh baah nsongboneh leh seuh – God/The Almighty uses others to speak to us. God relays his message to us through others.

Ndoh asaah leh muuh mpeh – The world belongs to one/body

Nkeur muuh kaah abeh tcheb-kah mpen – A visitor cannot cook because he/she does not know where the ingredients are.

nkoago teh – I am able

Nkwah bagah – ladies man (literally – salt for the women)

Nteck me'saa digah nkeur – literally (drums don't tell lies)

Nsak mpeh wob – Be stricken by leprosie.

Ntemkwah luuh ah dih long teh, oh saah gueur – Your eyes are full of dirt so you can see. It also refers to one who turns a blind eye when unpleasant matters concerns him/her.

Nugoh nyeh ahfba ngick menn esaa-leh-saa – A snake's age is determined by the lines under its stomach. In other words, slow and steady wins the race.

Ebikeh zhuh loag esaa zhakeh – There's no bad bait in the water. For instance, some people believe its better to have a male child than a female. This expression means that the sex of the child does not matter.

eboang beh shih – Please, have a seat

ah sah gobkeh epaah menn – He does not give a damn

efeh ekeh? – What a distance?

efeh ngah – Ever since! A long time ago! When (as a question, but only when referring to an action in the past)

kah odigileh ndoh, ohh kwah mbeh – If one hurries too much, he/she will die raw. In other words, keep everything in moderation, *mekiah-nyah esgenji* – an expression depicting how butchers clean their hands (fingers) on the walls (wooden poles) at the market shed.

Ndem meh buleh bah nsongboneh leh seh – God speaks to us through others.

Ngag'a pih eh loago digeh meh mbih – Had I known is always the last.

ngeh ebwob leeb neb! – It's the law; as stipulated by law

nkaga zeh pib – had I known?

Ntemkwah luuh ab dih loang teh, oh sab guer – oh guer enyih mungieh –

Charity begins at home. You don't see your dirty eyes but you see that of others.

Nyah befob eh sab bheugeh ab belah teh – irrespective of how long it takes, a fine/levy imposed by the Chiefs, will be settled by the debtor. Literally it means, the catch of the Chiefs never disappears from the trap.

maah dinehb - Sorrowful

Oh beh leh mpuuh maah! – You are such a fine liar!

Oh sakeh oh nkongkeh maah – You are (already well known as) a troublemaker!

Oh seteh keh oh kokeh – spread it before selecting. Take a careful look before you chose.

kah zheur beh-neb, eh bahl – Whatever will be will be!

Kimbigi saa shiah shwih – A crab does not bring forth a fish.

Kwakwak nkaah biah? – You again?; have you repeated it?

Kwah seuh mbeeh – unprecedented death; accidental death

Kwah seuh mbeeh – in a relationship (ie. death related to a woman

Lechah zshigiminn leh buh mih ngeur egiet – Being an elderly has enable me experienced wonders. Leaving as an old person will make me see wonders.

eh nyeh ebakwa / eh nyeh ndeteh / eh nyeh tam saah / eh makeh nyeh – different ways of saying 'It is too much.' Can refer to something countable/weighable or to something said/heard.

Zhub meh beh Njungu neh, eh geur seh – The hills of Njungo await us. We will concur the hills of Njungo

Kah nwendeur ab kweh zshigih, ah geur-kah zhub meh mumbiah ab teh eboang ah geur neh – A child on a tree cannot see what an old man can see seating on the chair.

Zhub meh mumbiah ab tchah- shih ah geeneh, mwendeer kah abeuh geur kah ah teh eboang – what an old man can see seating on a chair, a child cannot see from a tree top.

ꠘwoag nyeh kuleh nshi moh-moh teka e bhgeh nsbih — The river traveled alone and ended up meandering

kaa mub-nyong kweh beseugah digi oh dbhga ndoleh — If your brother climbs a plum tree you are sure to eat the blackest/ripest ones. Expression used to refer to the benefits to accrue one from having a relative who is well placed, socially/economically.

Chapter 31

Traditional Customs and Cultural Life

Traditional Customs and Cultural Life – *nchaneh baah Nkongho*

31.1 Chiefdoms

Nkongho-Mbo area comprises ten chiefdoms: Dinteh, Fonkhh, Lebock, Lekweeh, Mbemfeh, Mbetta, Lebeeh, Ngientu, Njungu and Nzeletet.

Mbetta – seat of (Catholic) evangelization in Nkongho-land.

Njungu – Seats a catholic church built in 1937.

At the head of each chiefdom is a Chief. Chieftancy is hereditary, passing on to the eldest male born of the departed chief.

In the early 1990s the Njungu chieftaincy went to Tobias Fonjungu (not the son of the “Hospitalized” Chief), instead of to the son (Christopher).

In 2004, Professor Esendugue Greg Fonsah was enthroned as the Chief of Nshimbeng-Lebock-Nkongho-Mbo.

31.2 Institutions

Some important institutions include the *Etemzooob*, *Mefukag*, and *Ekekweeh*.

The *Etemzooob* is the highest authority in the land. In each chiefdom, the *Etemzooob* is presided by the Chief. Other members include sub-chiefs, heads of clans and notables.

The *Etemzooob* sets the rules, which govern the society. These rules are administered by the *mefukag*.

Often, *Etemzooob* members also grace funerals and other feasts during such performances (dances) non-members must not join in, at the risk of serious punishment (see Fonsah and Fonkeng, 2016, pp. 118-120).

The *mefukag* (*efukag*) is the police-like force. It is made up of free-born commoners. Obedience, honesty, punctuality and physical stamina are essential qualities for belonging to the *mefukag*. It is an honour for any young man to be selected for the *mefukag*. *Mefukag* ensures that decisions taken by the *Etemzoo* are executed and respected. For example, it polices the market, apprehends and brings defaulters within the chiefdom to justice. It also administers punishment as determined by the Chief or the *Etemzoo*. The *mefukag* also acts as envoys carrying royal messages to wherever these need to be delivered.

The *mefukag* is also responsible for disciplining its own members.

The *teuh* is the regulatory secret society that reinforces the *Etemzoh* rules and regulations.

31.3 Death celebration – *nshineh seuh*

Nduyang: The *nduyang* (in-law) is the one who officially kicks off the celebration (*gheu seuh*) of a deceased who was married.

31.4 Agriculture – *maah teuh*

Mpogoleh is an important Nkongho custom. Those of farming age usually organize themselves in teams based on some common characteristics and interests. For example, young women who are recently married may come together as a group to cultivate one another's farm, harvesting and even transporting the produce home. *Mpogoleh* is not just an economic activity. The times members come together for an activity is an opportunity for group members and for society as a whole to maintain a social and cultural bond. It is a classic example of the social organization of every clan and village. There are associations of different types. Usually, these are based on age, gender, wealth and birth. There are associations reserved for only the young; others admit only men, women or the elderly, as the case may be.

31.5 Spirituality – *maah lebuguh; maah nkeuh*

Libation is a very important part of life among the Nkongho-Mbo. It is the practice of calling on the spirits, including the departed, to bless the activity, which is being contemplated, or the person over whom help is sought. Libation is normally provoked by periods of uncertainty or misfortunes in a family's or individual's life. Ordinarily, most major activities or functions would normally involve libation. Some of these include birth, death, marriage and anniversary celebrations, family and clan gatherings, farming, harvest and hunting functions. Depending on the type of ceremony, the preparation for a libation event can be rather straightforward or elaborate. For example, serious and repeated misfortune befalling a family might entail, among others, the gathering. The invocation of good luck is often intermingled with thee Libation is always conducted by the most senior male member present.

An individual, all by himself/herself, can also perform this libation. In this way, it is tantamount to the prayer a Christian individual would say. This kind of personal libation can be ~~is~~ performed daily (such as during mealtime, when the individual scoops some of his food and drops on the ground for the ancestors). It is mostly performed when the individual is about to embark on an important project, for example. Write an exam, go on a trip or match up against an opponent.

Libation can also be performed to invoke a curse against someone or put a stop to a bad thing from happening. I (Epah Fonkeng) personally witnessed my mother perform this repeatedly. She would place ash in her right palm and with both legs outstretched; she would blow the ash backwards.

Just before the start of the dry season, the whole clan assembles at dawn at the head of the Clan's compound (at the grove) with food offerings. The clan head leads with an invocation of the ancestors: he prays for their women to be fertile, for abundant harvests from their farms, and other requests. A stone is lifted and palm wine poured upon the earth.

Next, he will spue water. After that, he will kill a fowl, smear the grove area with the blood and decorate it with the feathers of the fowl. The fowl will later be cooked, and the head and legs given to the Clan head while the gathering will eat the remainder of the fowl. Often, the officiating persons are the oldest man and woman present. The festival concludes with a song led by the invocants (see Fonsah and Fonkeng, 2012, pg. 121).

31.6 Disputes – *maah esekeh*

Disputes are settled by spilling water and sacrificing a goat.

31.7 Naming – *diih*

Children are named after someone, usually within the family or clan, who exhibited certain well-liked qualities or ability, for example, a famous hunter or healer. Names are also given with the aim of perpetuating the lineage. This partly stems from the Nkongho traditional philosophy that believes in the connectivity between the worlds of the dead and the living. Hence, a newborn could be named after a departed uncle or grandmother. Finally, newborns are named in line with certain cosmic or social phenomena, the latter usually occurring around the time of birth. For example, if a child is born during a particularly good harvest (following a period of drought), s/he could be named goodluck or God answered our plea.

The first born in the family is usually named after the paternal grandfather or grandmother; the second child after the maternal grandfather or mother.

The first of twins, if a male, is named *Fomanyi* and if a girl, *Ngunyi*.

If the twin are both girls, then the first will girl will be *Manzock* and the second will be *Ngunyi*

If the twin are both boys, the first will be called *Zeh-lefeh* and the second will be called *Ngeh-lefeh*

If one of the twin dies, the one alive is called, *Egeh-ndah*

If one's name sake is a living twin (i.e., if one is dead), you are then called *Egeh*.

(see Common Names among the Nkongho and their meanings in Chapter 32 below)

31.8 Marriage - *eluk*

Nkokeh-nshunda: Marriage begins with the *nkokeh-nshunda* during which the father of the potential bridegroom informs the father of the potential bride of his intention to pay the latter a visit. On the mutually acceptable date, the suitor and his family arrive at the future bride's compound to formally introduce him and make his intentions known. For this visit, the suitor's and his family bring along a pig, a calabash of palm oil, a bag of salt and a bunch of plantain. The last several decades have seen the gradual substitution of the latter by a bag of rice. Also, these products are being substituted in many instances with cash. The suitor also bring for his future father-in-law a shirt, *lappa*, hat and walking stick, 50,000 FCFA, 30,000 FCFA and/or 20,000 FCFA respectively to father-in-law, mother-in-law and mother-in-law's mother. The rate also depends from family to family and sometimes on the educational level of the bride. The traditional wedding cannot take place if the woman (potential bride) is pregnant: it must wait until the woman gives birth.

Ekekweeh, or the 'coming out ceremony', is an important Nkongho institution. When young women are about to be married they are taken to a special location, in the care of matrons who instruct them on everything from family nutrition, maternal and child care to hygiene, discipline including of the self. They are identified by elaborate marks and ornaments - beads around the waist and camwood on the lips, palms etc.

31.9 Dance - *esakeh*

Dance plays a vital role in Nkongho social and cultural life. For example, dance provides a lot of words and expressions that form part of the Nkongho social and cultural vocabulary.

Elongo is a dance reserved for women. It is done on happy occasions such as the naming ceremony for a new-born, marriage or the graduation from *ekeweek*.

Ewang'a is a dance reserved for the youth even though anyone (women, adults) can also participate.

Muamba – also known as the proud dance (for community leaders), even though anyone is allowed to participate.

Ndembeh is another dance, reserved exclusively for the elderly men and women of the village or in any occasion.

Ngila is a peak of any dance; a dance of exuberance reserved for and practiced by mostly respectable leaders (men/women) during traditional ceremonies. During *ngila* demonstrations participants routinely challenge one another in song, dance and a few acrobatic gestures.

The dances below would all normally be exhibited during a single celebration.

31.10 Weekdays – *seuh metuk*

The Nkongho operate on an 8-day week cycle, as follows:

Sib-mbog – a day (a single day – also could refer to day one).

Esigenjiib (esegemanzaa) – the big market that was in the village of H.R.H. Chief Fossung Manzaa of Njientu. So the market was named after him the Chief. *Esegeh* is market. *Esegemanzaa* is the market at H.R.H. Manzaa's village.

Esigetob – normal work day. However, no noisy activities such as celebrations and the playing of music/drum is allowed. It is a popular meeting day for 'societies' (*bekhuu*). Payment could be made and permission obtained from the Royal Council to orchestrate any important noisy activity on this day especially in cases where the organizer has no choice or is has time constraints. Despite the prohibition of noisy activities, other economic activities including agriculture and marketing are allowed.

Ngong – normal work day

Ndegah – day of rest. No work (hunting, fishing, going to the farm, tapping, harvesting, etc) except minor chores (e.g. repairing all kinds of work tools) around the compound. No traditional rites especially the visitation and/or invocation of the ancestors is not allowed.

Eloang – normal work day. Also meeting day for *etemzoh*. Other villages have different laws. For instance, in Njungo village, eloang is etemzoh meeting day, therefore, no noise making or drums playing. Whereas in Mbefeh, *Legooh* is the *etemzoh* day

Mfeeh – normal work day for all activities.

Nkieh – normal work day but only on the economic front.

Legooh – normal work day with the most prominent activity being the processing of palm oil. *Etemzoh* prohibition in *Lebeh* and *Mbefeh*.

31.11 Months - *ngoh*

Names of months are derived from the nature of the main activities and climatic season that go with each.

January – *ngoh esaa-nyoh; ngoh lekenshi; ngoh pok*

February – *ngoh legunb-nchwi; ngoh bia; ngoh mbigi-meliab*

March – *ngoh leute-ndoh; ngoh leseke; ngoh elagah; ngoh lephete ndoh*

April – *ngoh nsbia-edzhinn; ngoh mekonkeb; ngoh enyih*

May – *ngoh etaab; ngoh mesangnchwi*

June – *ngoh ntwigih; ngoh lebeggenchwi; ngoh mphikemiah*

July – *ngoh sagabia; ngoh lefenchwi*

August – *ngoh Agosh; ngoh zhugwab; ngoh meteg lebeg*

September – *ngoh lebhg; ngoh nyanghane mfivente; ngoh beleuh-beleuh; ngoh mfwa*

October – *ngoh dugu; ngoh letchwi-nchi; ngoh nzogopen; ngoh ndjubigih*

November – *ngoh dugu nsopok; ngoh ndugu ekok; ngoh ndugu eshie*

December – *ngoh ngateh; ngoh dugu nsobiah; ngoh nginkeh; ngoh*

Mengen

31.12 Cuisine – *biih ndeganeh baah bekongho ebaa'mboak* or *ebaa nkangkeleng* (fufu):

Ingredients – cocoyams.

gwer bezhinn – peel cocoyams and

soag; cheh bezhinn – boil cocoyams until tender.

chih bezhinn – pound in a deep mortar (adding drops of water at a time, as needed) until cocoyams take the likeness of a flour dough. It is eaten with a variety of soups.

While *ebaa nkangkeleng* is prepared from the variety locally called *macabo*, *ebaa mboak* is prepared from slimy (?) variety of cocoyams (*etundun*). Little water or none at all is added to this variety of fufu.

ekokohb (koki corn):

Ingredients – corn, pepper, palm oil, *ebigileh* (baby cocoyam leaves), banana leaves, salt (optional)

- stip dry corn in water inside a clay pot until it is tender (could take up to 24 hours)
- grind corn on a grinding stone
- mix in a wooden bowl, adding water to bring the paste to flow!
- add shredded *ebigileh*
- add pepper, pinch of palm oil, and salt (if desired).
- wrap in tenderized banana leaves
- boil on high heat [Tastes better when left to cook over night!]

Note: Can also be prepared using fresh corn or dry corn ground on a mill.

The addition of *ebigileh* is optional only if using fresh corn!

Served with *mekuuh –mboak*, boiled or roasted plums, or by itself.

ekpann (dried plantain paste)

Ingredients – plantains, salt, pepper, water, palm oil, *ebigileh*, banana leaves

- peel and slice plantains into thin halves

- sun-dry the pieces in the barn or in the sun [it can take several days to be fully dry]
- scrape and then grind the pieces
- add water and *ebigileh* to form a thick paste
- add salt, pepper and hot palm oil
- boil for between 45 minutes and an hour
- add palm oil (and *ebigileh*)
- wrap in tenderized banana leaves and then boil

ekwang: *mbalah*: ground cocoyams wrapped in *ebigileh* (cocoyam leaf) and boiled into a purée.

Ingredients – cocoyams, *ebigileh*, salt, pepper, palm oil, crawfish, dry meat, fish or stockfish. Other spices optional.

- grind cocoyams (slender, long ones tastes better!)
- mix in a bowl to a soft/light dough
- shred *ebigileh* into pieces.
- grease pot with palm oil
- wrap paste in tiny *ebigileh* pieces one at a time and, delicately, line the basement and side of the pot with the wrapped *ekwang* [if well wrapped, each should measure approximately 2.5 inches and not more than an inch in diameter – yes, it is an art!]
- boil on low heat and only a cupful of water [will gradually increase the heat to medium [no more] and the quantity of water as the pot heats.
- add more palm oil, crawfish, salt, pepper, shredded dry meat, fish and/or stockfish. Be careful not to stir the contents with anything that will damage the artwork by unnecessarily breaking the *ekwang* pieces! It is preferable to lift the pot, tilt/shake it back and forth to the left and right several times until the ingredients find their way right into the *ekwang*.

kwang fleh – wild cocoyam

lekieleh - (sauce for *ebaa mboak*) – yellow source or *kanwa* soup (in pidgin)

Ingredients – palm oil, kanwa, fresh pepper, salt, dry meat/fish

- in a litre of warm water, drop a cooking spoonful of palm oil, a piece of *kanwa*, boiled fresh pepper, salt and dry fish
- pour contents into another bowl and back to the original bowl.
- continue the back-and-forth exchange between the two bowls until the content has foamed into a froth. It is ready to serve, with *ebaa mboak* (kontri fufu)

manyempeh – fresh corn used to make corn paste (koki-corn).

Ingredients - corn, *ebigileh*, pepper, salt

- bring ground corn to a soft paste mixing with *ebigileh*, salt, pepper
- wrap in tenderized banana leaves and boil

mbalah – made out of germinating corn

Ingredients - corn, *ebigileh*, pepper, salt, palm oil

- grind corn
- add water to ensure a paste of light to medium thickness
- put *ebigileh*
- wrap in plantain or banana leaves
- cook and add ingredients (as in the case of *ekpwang*)

mekang mboak (*venanem*)

Ingredients – fresh *mekang*, palm oil, pepper, salt

- boil *mekang* leaves steeped in a lot of water
- squeeze it free of water
- in a bowl, mix vegetable with warm palm oil, fresh boiled pepper and salt serve with fufu, boiled plantain or anyother tuber

Meleur – huckleberry

mekuu-mboak (*koki beans*). Simply called *koki* across Cameroon.

Ingredients – beans (black-eyed *ibo* or the indigenous variety), salt, pepper, palm oil, *ebigileh*, banana leaves

- soak beans (local variety) in water over night and then peel; [for black-eyed variety, add little bit of warm water and rub handfuls of bean at a time over a grate so the peelings come off].
- grind beans [in a blender or on a stone; tastes better if on a stone!]
- mix in a bowl or *eboag* adding water to bring it to a watery paste.
- add salt and pepper to taste
- add *ebigileh* and palm [palm oil should be completely smooth flowing!]
- pour into tenderized banana leaves carefully seated in a shallow bowl [the shape of a cap turned upside-down]
- using a cord, tie around the edge of the bundle and then place bundles in a pot
- add only a little bit of water to bring pot to boil, then continue to add water as required.
- cook on high heat for about an hour.

This most celebrated of Nkongho dishes goes down well with boiled plantains, *manya*, *ekbhkoh*, cocoyams or any other tuber. As proof of its popularity, *koki* is more than likely to be among the dishes presented at any kind of occasion anywhere in Cameroon!

Mukushu

Ingredients : sun-dried plantains, pepper, salt, palm oil, *ebigileh*

- grate into a powdery state
- mix into a paste, adding salt and pepper to taste
- add palm oil and shredded *ebigileh*
- wrap in bundles and boil.

moku-shuuh : grind unpeeled beans (kontri variety); mix to a paste; add salt and pepper to taste; add palm oil; wrap in bundles and boil

emuntentakab – mashed salted roasted cocoyams mixed with palm oil

Ingredients: cocoyams (plantains), palm oil, pepper, salt

- roast cocoyams and dry pepper
- in a wooden bowl, pound cocoyams until it becomes grainy;
- add pepper, salt and palm oil
- serve hot

ndesoang – elephant stalk

ndoang – pepper soap; broth

nkenne (‘Etemzohh dish’)

Ingredients – beans, *ebigileh*, salt, pepper

- grind beans with peelings on
- add *ebigileh*, salt and pepper. Can also add some water into the bean paste depending on thickness of dough desired
- cut plantain leaves into pieces measuring, roughly, 10 by 8 inches in diameter
- tenderize plantain leaf pieces by warming them over a low fire
- pour a cooking spoonful (or two) of paste on each plantain leaf
- use a cord (derived from stem of banana or plantain) to tie round each bundle (measuring about 8 inches in length and 2 inches radius ?)
- leave bundles out to dry (so, contra idea of adding water, above ?) a bit before bringing to boil

nseleh – Vegatable dish prepared out of pumpkin leaves

Ingredients: pumpkin leaves, palm oil, pepper, salt

- wash pumpkin leaves and then boil
- squeeze out the water
- mix (nokeh) all ingredients in a wooden bowl

shweh – roasted mushrooms

Ingredients:

wrap white mushroom in tenderized banana leaves and roast plantains hung over fireplace to dry.

31.13 Demographic Information

According to the Sub-Division Census (1972), the population of Nkongho was 24,985. Njungo Health Center Report, (2,000) and Mbetta Hospital Record (2,000) depicted the Nkongho population as 31,673.

The ancestral Nkongho land stretches for 116.37 square kilometres (44.93 square miles).

The Nkongho population: 2.299 (1923);

The Nkonghos share boundaries with Bayangs to the west, the Bamilekes and Ntang (Mbo) to the east, the Bangwas to the north, and Ntse (Mbo-Elumba) to the south.

It is a mountainous region, rising to 2.000 feet above sea level. This is ideal for the growth of the palm tree, which caters for the main commercial activity (oil palm processing) of the people.

31.14 Songs

Ekuuh bezhh bah e zoh leh wa pa neh (2x)

Nye shinteh nyi keh nye ghe ebongkeh lo

Ndoh bong-oh ka e ndoh bong-oh ka

Akwalla mami ya papa

ya o ya

A cheri

Yo o o cherie ya o ya

a sapa

Yo o o sapa ya o ya

Eteneh fanta mi teneh mi

Eya ndolo (2x)

Eteneh munyang mi tene mi
 Eya ndolo (2x)
 ahidjo Eyo oo ahidjo eya ndolo
 Se bwoneh la (2x) leh e soang-ohneh ndem
 Se bwoneh
 ah Njungu eh, se bwoneh
 Ah Mbetta

Eyaho mi tong-oh gwo
 O o o o mi tong-oh gwo [ch]
 Matalina (n) tong-oh gwo [ch]

Pele-----eh, pele wasi ngondo pele-h
 Pele wasi ngondo peleh

31.15 Prayers

Lamb of God, you take away the sins of the world. Have mercy on us. Grant us peace – *mueh-ngongho Ndem, obh feuh beh bikemah baah ndoh. Chah-meh dineh leh seh. Bagah seh mboleh.*

Holy Mary full of grace, the Lord is with thee, blessed art thou amongst women and blessed is the fruits of their womb Jesus - *Esangbakeh nyangha-Ndem; Ndem beh leh woh, obh luuh lebakwah mboleh, obh fhgha obh gakeh bagah besegeh, mboleh beh leh mveh gong Jesus.*

Reponse – Hail Mary, mother of God, pray for us sinners now, and at the hour of our death, Amen. As it was in the beginning, is now and ever shall be, world without end, Amen - *Esangbateh Maria, nyangha Ndem, songbotak Ndem leh seh baah ebikeh maah, teh lekandinn, leh seuh nkwaneh zeh, aneh. Ngenyieh efigih leh shateh, teh lekadinn, aneh.*

Legend of Names in the Nkongho-Land

Legend of Common Names among the Nkongho

Nkongho names were gotten at the time of inter-tribal and colonial wars so a name like *Esegemuh* was given to the warriors who were capable of storming and/or invading the enemy camps and seizing their guns, i.e., *esege/eseuge* = seize; and *muh* = gun. These were considered the original names of the Nkongho people prior to the migration of other tribes as discussed below. These names were called *mih* or *dih nteg* which came with some prestige, self actualization, outstanding accomplishments and/or leadership. These names were also used for communication with the talking drums, hence, the appellation “*dih* or *mih nteg*” meaning, drum names.” Also, it is believed that some of the names were inherited from neighboring villages like the Bamilekes, the Bangwas, the Banyangs, and the Betangs etc. Due to the migration of other tribes that resulted to the Nkongho people being called “*Nkongho Nzele Nyib*” meaning “the Nkongho people originating from four sources” also came borrowed names and titles, especially the Chieftaincy names. These names were called “*dih lefo*”, such as Fogu, Folebe etc., which some school of thoughts believe it was borrowed from the “Fua” of the Bangwas meaning “Chief”. In Lekongho, “Nfo/Nfor” means Chief. Contemporary, these names are wrongly spelled, i.e., instead of “Nfonsah” or Nfossoh”, we write “Fonsah or Fossoh”. Unfortunately, these names are now so popular even though they have no direct meaning, prestige nor accomplishment attached to them. The third category are the “*dih/mih fieeleb/efieeleb*” which symbolize or describe the situation of a family which led to naming their child. For instance, “*Ebikemidih*” in section 32.2. “*Ebikel*” = bad while

“*midih*” = water, literally meaning sperms. Since all the children did not survive it means the sperm was not good enough. As a result, the only child that survived is/was given the name “Ebikemidih” as a symbol of the situation. This chapter is called “Legend of Common Names in the Nkongho-Land” because it discusses the three different names currently used and hopefully, readers will be able to distinguish them.

32.2 Male Names

Ebikemidih – unwanted sperms/water (A family whose children were all still birth until one that did not pass away, so the child was named *Ebikemidih*, meaning bad sperms)

Ekolle; Ekole – Child born in crisis (negative); i.e., if a child is born when there is death /bereavement in the family, chances are that the child will be named Ekole. This name is unisex.

Ekolema – Child born during unfortunate situation/occurrence in the family. This name is the long version of *Ekole*.

Elale (local); Elad – like leech; something sticky; sticker; never surrenders. Another version is a person who brings people together in a positive way.

Elabah – Fetcher; someone who fetches people; like a messenger

Efub – name given to children who brought some kind of luck to the family, i.e., riches or wealth or any form of goodluck.

Efub literally means an axe used for splitting wood that would eventually be used for cooking food and provide good health, energy and strength. Efuh in those days could be one’s most expensive wealth or possession.

Ekeenꞙok (Ekeuh-nꞙock); – Elephant killer; a hunter specialized in elephant hunting or capable of killing or has killed an elephant.

Epeundugub – One of those heroic names of warlords especially one who was good at smashing/crushing an enemies head with a club or barehands.

Etinẓok (Etinẓock) – Elephant tusk (male name); Same meaning as *Tong-nẓok (female)*

Eshwa (local); Esua – Waken up; someone who is always awake. Claim to know too much or things that he does not know or can do - *ah kwakeh esua*.

Elumba – Someone powerful and courageous enough to attack, fight and capture enemies and sell them as slaves, i.e., A Slave trader; someone good at delegating. Telling people where to go and what to do, i.e., sending someone to the Mission, School or different directions, i.e. gives orders or delegating functions. Also, someone fulfilled in any aspect of life.

Esendege; Esendugue (eseub-ndege) – deadly punch (that automatically stops the heart, i.e. *ese, eseh* or *eseub* – cut or slice and *ndege* – heart); something that can stop the heart from beating. Another school of thought says the name means secret of the heart (*nsbinn* – secret while *ndege* – heart); others say, heart breaker (in love matters).

Esegemu (Esig muh) – This name was given to warriors who fought fiercely and went as far capturing and seizing weapons (guns) from their white enemies during the colonial wars/battles. They were heroes. Initially, the name was *Esegemuh Nglishi (nglishi* meaning English/British soldiers). However, this continued during tribal wars with neighboring villages like the Bayangs, Bangwa etc.

Ekumuh (Ekumuh nglishi) – This name is similar to *Esegemuh* except that this name was given to warrior heroes who could not be killed with a bullet (gun shot). They were bullet proof. So the white mostly British soldiers were frustrated that they could not kill these Mbo warriors with their powerful gun fire because of the strength of their African mystical powers.

Ekenkwob – Someone who killed a leopard. These names were given for their bravery, the names exhibited status symbol, pride and leadership capabilities.

Epah – Someone who gives to many promises (*epah* – lit., its coming). For example, a debtor who gives promissory notes and never respects it/them.

Epanshi (*epah* – *nshih*)– Someone who missed his direction/road. For instance, the only boy born in a family of girls or vice versa is considered missing his/her direction or family of birth.

Esemu (*Ese-muh*) – Excellent swordsman skills; slash/kill with a machetes. It is also a heroic name for outstanding warriors during the colonial wars against the white troupes and later during inter-tribal wars. Since there were limited or no guns, their main weapon was machetes. The name explains the bravery of the attacker, taking down his enemies with his machetes. *Eseh* = slash/cut; *muh* = a person (usually an enemy soldier).

Ewane – Inherited from the Fracophone Mbo clan called 'Ntang'.

Folebe – A bully; someone who seeks to harm or intimidate others. Also the Chief of Lebe Village.

Foletia (N'forletia) – Chief of Letia Village

Fotabe – Name inherited from the Bangwa tribe. A Chief or someone who is never present.

Fomakwang – Chief of Makwang Village

Fomanyi – Twin (male), especially the first to come out. The female equivalent is called *Manzock* and the follower is *Ngugni*

Fonge – Time keeper. A chief who takes care of strangers

Fondugu Mbock – A leader; head of a group; family head.

Fombep – The Chief who was a stammering; Chief stammerer

Fombin (N'for-mbin) – Chief of the forest, i.e., he was the first settler so those who finally followed him regarded him as their Chief or they became his subject.

Fonguck – Chief who listens

Fonji – A chief who takes care of workers on a road construction.

Forka-nkeng – A peaceful Chief; Chief Ka who loves peace.

- Fonkeng* (N'for-nkeng) – It originated from a peace plant, *nkeng*. This name was given to those who were gifted with amicably settling dispute and making peace among the people or among the plaintiff and the defendant.
- Fonkeng-nkah* (N'for-nkeng-nkah) – A Chief who was good at distributing/sharing food especially slicing an animal like goat or pig into smaller pieces or drinks to his people after successfully and peacefully adjudicating their case/dispute. *Nkah* = distribute.
- Fonkeng-mezah* (N'for-nkeng-mezah) – A Chief adept and experienced in adjudicating several peaceful disputes.
- Fonsah* (N'for-nsah) – A Chief who turned down his own portion of the food distributed.
- Fortab* – A typical late coming: A Chief known for late coming, i.e., *tab* means late. On a positive note, it is the name of a Chief who is ready for anything, i.e., *mpih zhib mah tab* – that palm nut is ripe ... and ready to be consumed.
- Formelong* – A Chief who when annoyed, grabbed his opening by the neck
- Fomelack* – A Chief who is causing trouble; querulous person who is always angry; problematic; also someone who intervenes in others matters in a positive way, i.e. adjudicate
- Forteck* – A Chief who is known for his ability to gather people ceremoniously.
- Foto/Fotoh* (N'for-toh) – A person known for snooping around; inquisitive and curious. A Chief who always support his subjects/people.
- Fonzock* (N'fonzok) – The chief of elephant. It could be someone who was an elephant hunter.
- Fotabong* (N'fortabong) – Also inherited from the Bangwa tribe. A poor Chief. A Chief limited in resources (financial, material and human resources) to sustain his Chieftom.
- Fotindong* – A Chief who is always prepared to celebrate by drinking with his *ndong* (traditional drinking cup or horn) that they carry in their hand bag.

Fonka – People who used mystical powers to attack their enemies by screaming and/or shouting.

Forka (N'forkah) – a person who is good at carrying things/loads. An unselfish Chief. One who gives/shares freely without prejudice.

Forsack; (Forsac) – Someone known for dancing; a great dancer. Also a Chief who likes to taste the 'head'/first harvested of the drink or cooked food.

Fossem – A Chief who is a peace-maker (*nkieh lessem* – went to make peace)

Fossob – A Chief of bush dog (fox). Could be someone specialized in hunting foxes. The testicals of the fox is used to treat children suffering from convotion (*ekekongho bangeh*). Others believe the name signifies someone who is a total stranger in his new environment. Unpopular.

Fossung – A Chief who is know for instigating matters. An instigator. Another school of thoughts is that the name is given to a remorseful person who is quick to admit and apologize.

Fomelack – A Chief who was ready to start trouble. Troublesome person.

Fomelackesung – A Chief who brings peace. An adjudicator or a mediator.

Folebe – The Chief from the Lebe Village

Forzeh – A Chief or a person who is proud of himself or his accomplishment.

Kuku – Someone who only receives and never gives back. A stingy and opportunistic person.

Lefang – Thunder (inheritage from the Bayang tribe)

Lekackendem – God's promise or God's time is the best.

Lemondem – God's visit; God's creation

Lekianyah = Hands for meat. The saying goes that those who were unable to afford meat, would visit the meat stand during market days, price and touch the meat as if they were potential customers. On their way home, they will become

the envy of those who smell the scent of meat, thinking that they were rich enough to afford buying meat, thus, a status symbol.

Lekiah nkob – The hand of a tiger. It also mean strength or someone as strong as a tiger's hands/claws.

Lepashia – a and/or one leaf; probably a leaf used for medicinal purposes. An important leaf used to treat people or a disease. Also when a leaf drops from a tree, it does return, therefore the name signifies someone very progressive and determine, someone who is genuinely progressive and positive in his or her dealings with other or situations. A goal getter.

Mabelemdem – God is in control; God will take care

Mekang-seuh – It is some kind of food bank support to a bereaved person. *Mekang* is vegetables while *seuh* is death. Traditionally, when one is bereaved, people bring food so the bereaved person can entertain those coming to mourn with them especially for faraway distances. This name is usually given to children whose sibblings passed away and the family is not sure he/she will survive.

Mubab – Someone being hated

Muendem = God's child. Parents who struggled to have a child or children would adopt a name like this for the first child.

Musaab – No one at home; no one available; absence

Musaabndem – You are not God. One is not God

Mutemab – Righteous person. One without problems or harboring evil thoughts.

Ndem-Leteb – God gift

Ndegelepib – It is the heart that knows everything

Ndemlepib – God knows it all; Its only God who knows

Nke; Nkeb (Nkeur) – message, bearer of news (good or bad). A messenger.

Nkendem (nkeur-ndem) – message of God

Nkeng – Peace maker; arbitrator

Nkongnsbu – Love from the mouth

Nsongmbe – premeditated mystical poisoning, i.e. a chair that has been poisoned is reserved for a particular person to sit on it.

Nyanzēm (Nyanzēm gub) – Refers to an animal behind someone. Literally it could be a warning sign – to watch your back. It is a borrowed name from the Bangwa tribe. It could also refer to a sluggish and slow individual who trail behind, i.e. a consistently late comer.

Nzāmbēh – Any progress; Any solution to the problem; How is the going thus far

Nzōk – elephant; the powerful one

Njock – one of a twin

Tagwoa – Inherited from the Bangwa tribe. Someone who was always sick. A sickling. Always a patient.

Tanyi – The father of twin children.

Tembong-nshub – A good man without a friend; Also a bad friend.

Sanghakeh-nkah – The father of the monkey

Seuh-ndateh – Death in the family/house

32.2 Female Names

Bebegashib (Bebenga) = A brief visit at a funeral. Consistently bereaved parents would adopt such a name for their child.

Beleh – gossiping; one who is name is always a good discussing topic. For instance, a woman without a child can be a talking subject.

Bekwob - Laughing stock. Someone always

Ebamu – a hater of someone; someone’s fufu (food - paste made from cocoyam). Also a person who is down-to-earth.

Ebieh – Someone generally accepted in the public but his family does not acknowledge him/her. “A prophet is not seen in his home town” kind of situation.

Ebongkie – beautiful waste band; jikita (beats); good to wear (outfit); beauty

Emambu – Someone who ate all the goat meat – probably in an occasion without sharing. So it became a name. Or the mother was craving for goat meat while pregnant so the

parents had to purchase all the goat meat they could find in the market. At last, the child was named *Emambu*. Another legend is that the lady was so beautiful that those who came to marry her brought many goats. Another variation is something stricken by a negative occurrence (*ma – mbu*)

Esongho-mapiah – darrhia; an insult. It could also mean someone who does not keep secret.

Eseuga (Esega) – tooth-brush; popular (talkative); someone being taken advantage of.

Etenghe (h) – An observer. Some caught in between a calamity or situation and cannot decide which side to follow. An indecisive person. For instance, in the case of birth, a child whose birth is delayed especially for a protractive length of time, say one to two weeks, can be named *Etengheb*.

Etogokwe – the feather of a parrot with shining colors. Also someone who stepped on the snail shell.

Etongoneh – Someone extremely curious and inquisitive. A person who wants to know everything.

Maalebunn – matter of the stomach; secret keeper. Also someone willing to contribute his/her fair share but has no means.

Makongho – Someone used to procrastinate.

Manyi – twin mother

Manzok (Manzock) – twin (2nd of the female twin)

Mbugamungieh (unisex) – belonging to someone else

Mbunugah – The enemy at home.

Menghatengweh – A woman without a child (This is also a nickname, *efeeleh*)

Ngunyi – twin (1st of the female twin)

Nkieh - waist band

Nkombu – rope to tie a goat. Literally it is a tough lady, a lady/someone who can withstand any situation, endurance. She's is as strong as the rope that is used to tie a goat.

Nkongmi – infatuation; artificial love.

Nkongshuh – artificial love (with the mouth)

Nkongndege – Natural love (with the heart)

Nshunyah – One who eats too much meat.

Nyabeleh – cushion; support. Someone reliable and dependable.

Nyatebeh – There is no meat. This could simply mean that during a period of pregnancy of whoever gave that name to her child, there was a dry spell in hunting activities and it was difficult to find meat anywhere, even in the markets, to be used for celebrations of birth, death or whatever occasion. So they used that situation to name the child as a remembrance.

Nyoma – Freshwater crab. Another meaning is the preservation of food/dish that is finally invaded by ants. In other words, one whose efforts go unnoticed or appreciated.

Sellaa (Selah) – One good at planning occasions. This planning could be positive or negative.

Teshimbub – one who does not have enemies

Tong-obnzok (Tonzock) – Precious, scarce, article of ostentation. It originates from an elephant tusk which is scarce, precious and now banned internationally for fear of extinction of the animal itself. The name as all our names has different spellings depending on the first person (mostly teachers and administrators) who wrote it on one's official documents.

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Proceeds from this book will be used to promote and foster Lekongho Language in schools in the Nkongho-Mbo area of Cameroon and in Nkongho-Mbo Communities at home and abroad through language workshops and short courses.

Sentemong Mehphab
Esendgue Greg Fonsah

In 2005, a United Nations study reported that half of the world's languages (estimated at 6,000) would disappear by the end of this century. A third of these endangered languages are in Africa where, according to the same study, nearly 250 languages have disappeared in the last century. Language is the heart, identity, storage system for the collective and unique memory and experience of every culture, people, including their natural habitat. Loss of language means loss of the ability to retain and pass on not just a belief system but also invaluable knowledge to future generations. This *English-Lekongho/Lekongho-English Dictionary* is a modest first attempt to minimize the envisaged sad phenomenon of language loss. Nkongho-Mbo people speak Lekongho, one of the five variants of the Mbo language of the Mbo ethnic group of Cameroon, with their ancestral home in the Kupe Muanenguba Administrative Area of the South-west Region. With this book, the authors' fervent hope is that there will no longer surface any justification to continue to refrain from speaking Lekongho on a daily basis. This effort will help to regionalize, nationalize and internationalize the Lekongho language since Nkongho people are spread all over the country, Africa and the world.

SENTEMONG MEHPAH (aka Epah Fonkeng) was a Departmental Policy Officer, Public Works and Government Services, Canada, Ottawa. Unfortunately, he passed away in 2018, during the final stages of the completion of this book.

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Langaa Research & Publishing
Common Initiative Group
P.O. Box 902 Mankon
Bamenda
North West Region
Cameroon

ISBN 978-9956-551-84-2



9 789956 551842